

ALL HANDS

MAGAZINE OF THE U.S. NAVY

SEPTEMBER 1990

-
- Naval Research
 - HIV: life issues
-

USS *New Jersey*, one of 13 Navy ships participating in the annual Portland Rose Festival, steams up the Columbia River, the first battleship ever to visit the festival. More than 39,000 *New Jersey* souvenir baseball caps were sold as over 40,000 Oregonians lined up for hours to visit the famed battleship. Close to 82,000 visitors were logged onto Navy ships during the three day event. Photo by Chester Epperson.



Secretary of the Navy
H. Lawrence Garrett III
 Chief of Naval Operations
ADM Frank B. Kelso II
 Chief of Information
RADM Brent Baker
 CO Navy Internal Relations Activity
CDR Connie L. Haney
 XO Navy Internal Relations Activity
LCDR Patricia J. Anthony
 Director, Print Media Division
LT Ken Cronk
 All Hands Managing Editor
CDR Tom Pinard
 All Hands Editor
JOCS Robin Barnette
 All Hands Assistant Editor
JO1 Lee Bosco
 Photojournalist
PH1(AC) Scott M. Allen
 Writers
Jan Kemp Brandon
JO1 Melissa Wood Lefler
JO1 Dennis Everette
JO1 Chris Price
JO2 Andrew I. Karalis
JO3 Marke Spahr
 Associate for Art and Layout
Michael David Tuffli
 Graphics and Typesetting
DM2 Mike Rodrigues
DM2 P.V. Whitehurst
William E. Beamon

All Hands (USPS 372-970; ISSN 0002-5577) (Number 882) is published monthly by Navy Internal Relations Activity: 601 N. Fairfax St., Suite 230, Alexandria, VA 22314-2007. Second-class postage paid at Alexandria, VA 22314, and additional mailing offices.

Subscriptions: Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402. Price: \$15, U.S. and FPO; \$18.75, foreign. Make checks/money orders payable to: "Superintendent of Documents, GPO."

Postmaster: Send address changes to All Hands, 601 N. Fairfax St., Suite 230, Alexandria, VA 22314-2007.

Editorial Offices: Send submissions and other correspondence to: NIRA, Print Media, Attn: Editor, 601 N. Fairfax St., Suite 230, Alexandria, VA 22314-2007. Phone (703) 274-6208 (AV 284-4455) for editorial; (703) 274-5953 (AV 284-4315) for distribution.

Message: NAVINREACT WASHINGTON DC.

Authorization: The Secretary of the Navy has determined that this publication is necessary in the transaction of business required by law of the Department of the Navy. Funds for printing this publication have been approved by the Navy Publications and Printing Policy Committee.

NIRA also publishes *Captain's Call Kit*, *Navy Editor Service*, *Navy Family Life-line*, *Navy News Service*, *Public Affairs Communicator* and *SecNav/CNO Report to Congress*.

ALL HANDS

MAGAZINE OF THE U.S. NAVY
 SEPTEMBER 1990 – NUMBER 882
 69th YEAR OF PUBLICATION



Photo by PH2 Stephen Baliz

Poland liberty call — Page 4

- | | |
|--|--|
| 4 Poland port visit Historic liberty for sailors | 32 Marathon man Trading smoking for running |
| 7 HIV in the Navy Understanding the risks | 34 Surprise inspection Crew takes propulsion exam |
| 22 Helping hands Ombudsmen provide service | 37 POW museum Exhibit teaches of sacrifices |
| 26 Naval Research Lab Exploring future technology | 40 Operation New Life Guam marks anniversary |

2 News You Can Use / **43** Spotlight on Excellence
44 Bearings / **48** Mail Buoy/Reunions

Front cover: Dr. Alan Rudolph and CAPT Warren Schultz, Naval Research Laboratory scientists, look at artificial blood, which can be freeze-dried and stored without refrigeration. It's one of many hundreds of useful products that NRL researchers have developed. See story Page 26. Photo by PH1(AC) Scott M. Allen.

Back cover: The Human Immunodeficiency Virus is a fact of modern life. This is as true for sailors as it is for society as a whole. See stories beginning Page 7. Photo illustration by PH1(AC) Scott M. Allen. HIV artwork courtesy of Institute Merieux.

News You Can Use

Special assignments

Sailors needed as language translators

Would you like to see new countries and earn foreign language proficiency pay?

Because of the many treaties being ratified, the military is being asked to assist by providing translators to work in treaty verification. The Navy is looking for people, outside of the cryptologic technician community, to train as translators to work in treaty verification.

The Navy particularly needs to identify people who speak Russian, German, French, Italian, Spanish and Warsaw Pact languages.

If you already speak a foreign language, ask your Educational Services Office personnel to give you the Defense Language Proficiency Test

in the language you know. If you score high enough on the test, your record will be flagged as a potential candidate for duty with the on-site inspection agency.

If you don't already speak a foreign language, but feel you have the ability to learn one, ask your ESO to give you the Defense Language Aptitude Battery. This test determines whether you have the ability to learn a new language easily.

If you score over 115 on the DLAB, the Navy may invest the money to send you to a language school to teach you one of these languages for follow-on assignment as a translator. See your career counselor for details. □

Separation/retirement program courses and workshops

The Department of Defense is testing a program that will offer assistance to separating and retiring military personnel.

The Transition Assistance Program will provide a three-day employment workshop and career counseling services to personnel at 18 military installations in seven states. Personnel may take the workshop within 180 days of separation. Participants are instructed on how to fully use their skills, plus utilize valuable resources like the Department of Labor and Veterans Affairs.

For those separated due to service-related disabilities, a four-hour employment assistance program is being offered at three military hospitals during the test period.

Naval installations participating in the TAP pilot programs during 1990 are: In Florida, NAS Cecil Field; NavBase Jacksonville; NAS Jacksonville; Jacksonville Naval Hospital, for service-related disabilities; NavBase Mayport. In Virginia, Naval Amphibious Base at Little Creek; NavBase Norfolk; NAS Norfolk; NAS Oceana. □

FitRep manual

A new manual for officer fitness reports has been distributed to the fleet. The manual, NavMil-PersCom Instruction 1611.1A, is a complete rewrite of the previous fitness report instruction and includes a summary of changes.

Two changes include a required signature for lieutenant commanders and below (previously lieutenants and below) and a two-year limit on the time allowed to submit fitness report supplements.

All officers need to familiarize themselves with the new instruction. □

Advancement manual

Educational Services Offices around the fleet received a new Advancement Manual, incorporating numerous changes, including merging both active duty and reserve sections into one manual. Other revisions include detailed instructions covering ways to clear exam discrepancies, withdrawing or withholding advancements and guidance on submissions to selection boards.

Many other changes are incorporated into the new manual, and NMPC officials recommend careful review by fleet personnel, especially those in ESO. □

Sea/shore rotation lengths change

Sea/shore rotation tour lengths have been changed for 39 ratings as a result of a recent review. Personnel in some ratings will be spending more time ashore.

The review is based on projected changes in billet structure for FY93, and represents an effort to encompass all Navy ratings in one sea/shore rotation review. The new policy requires the sea/shore rotation pattern for enlisted women to parallel that of their male counterparts.

First-term shore tours will be limited to 24 months, so that junior sailors can have the opportunity to serve a sea tour during their first enlistment. However, personnel in shore-intensive ratings may be extended ashore if no sea billets are available at their projected rotation date. Detailers are authorized to extend personnel in this category up to 24 months, or until a sea billet is available.

These revisions are currently in effect on all orders. The changes are outlined in the revised Enlisted Transfer Manual, which was distributed to commands this summer. NavOp 043/90 also lists all sea/shore rotation revisions by paygrades. □

Personnel

MSC extentions

Sailors of the Military Sealift Command who extend their tours by an extra year or more will be guaranteed a choice of coast, home port, type unit or training program, depending on their sea/shore rotation and the availability of billets.

MSC ships are based administratively in Bayonne, N.J., and Oakland, Calif., but operate out of ports worldwide.

OpNav Instruction 4600.16E lists specific units. □

Temporary duty

Volunteers needed for *Deep Freeze*

The Public Affairs Office at Naval Support Force, McMurdo Station, Antarctica is seeking journalists and photographer's mates, E-4 through E-6. They're needed to serve temporary additional duty for three to four months on *Operation Deep Freeze*. Personnel will logistically support scientific research on the Antarctic continent. The annual deployment is from October to February, via Christchurch, New Zealand.

Operation Deep Freeze is also seeking an interior communications electrician 1st class with a Navy Enlisted Classification Code 4747 to augment the broadcasting detachment. Volunteers must have their command's approval and pass a physical examination.

For information contact LTJG D.M. Shook or JO2 Dave Newberry at Construction Battalion Center, Port Hueneme, Calif., at Autovon 551-4998 or commercial (805) 982-4998. □

Poland port visit

During historic liberty call, U.S. sailors help Poles celebrate new-found freedom.

Story by LCDR Mark S. Johnson

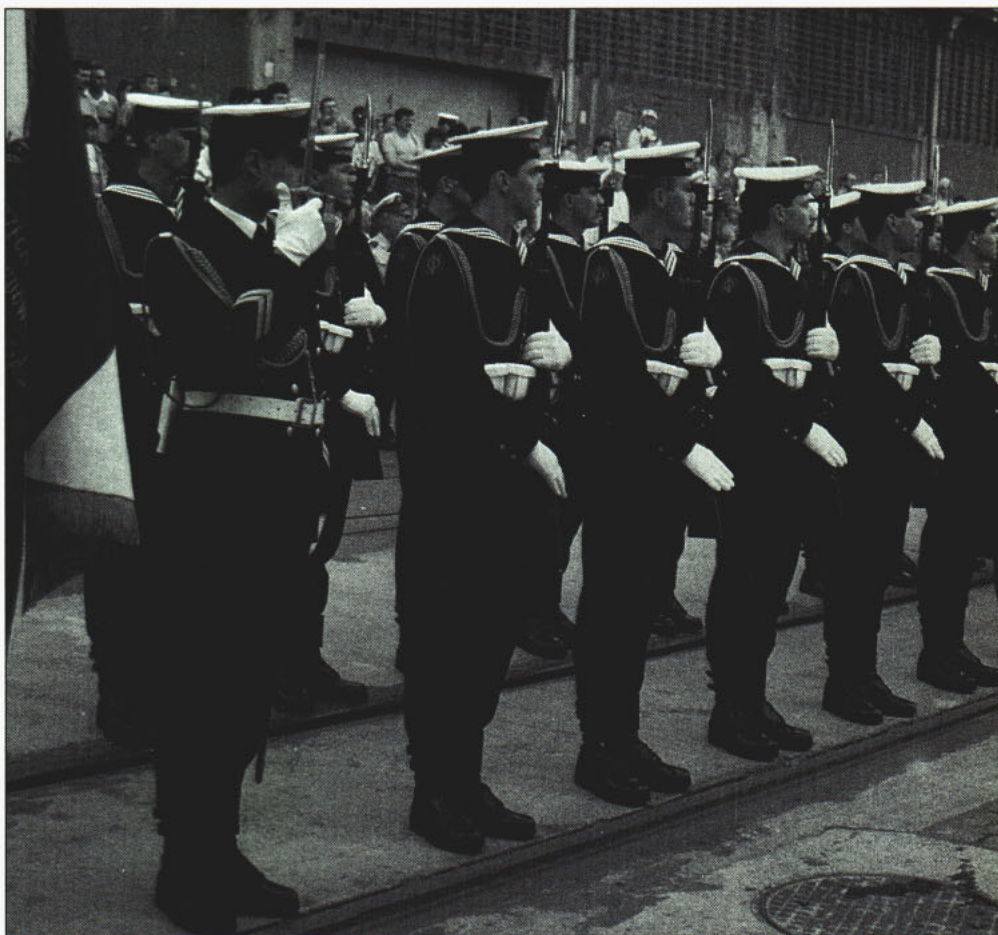
For the crews of USS *Harry E. Yarnell* (CG 17) and USS *Kauffman* (FFG 59) it wasn't just a job, it was a chance to make history. Their June 1990 visit to the Polish coastal cities of Gdansk, Sopot and Gdynia was the first in 63 years by U.S. Navy ships and was a new experience for even the saltiest sailor aboard.

Although there were as many individual stories from the visit as there were men on liberty, several consistent threads ran through tales of the entire port visit.

"I found it amazing how open the country had become," said ENS Mark Pullian, *Kauffman's* disbursing officer. "I went to the home of a Polish naval officer and he said that two years ago we couldn't have done that. I met his wife and family and we had dinner — it was a great evening. I invited him to my house when he comes to the states."

"I really liked it there. The little kids especially — they wanted to barter and get autographs and [have us] take pictures with them," recalled Seaman Kevin Gillogly from *Kauffman*. "I traded all my ball caps and a couple of white hats."

For Operations Specialist 1st Class Dean Linder on the Commander, Cruiser Destroyer Group 2 staff, the best part of the visit was "just walking around, people greeting you, following you into stores, calling you 'American' in a friendly way. I can't imagine anything topping Poland right now."



From the beginning, it was apparent that all hands in both the U.S. and Polish navies recognized the importance of the visit and went out of their way to make sure it was a success. *Yarnell* and *Kauffman* received and returned a 21-gun salute and were honored with a pierside full dress welcoming ceremony as they tied up on June

27. The opening events were followed by exchanges of ship visits, soccer and volleyball competitions, a jazz disco put on by local college students and thousands of people who came aboard the two ships for general visiting.

During the next three days, while RADM Thomas D. Paulsen, Commander, Cruiser Destroyer Group 2



Photo by JO2 Pete Hatzakos

Far left: An honor guard of Polish sailors stands ready to welcome the crews of two U.S. Navy ships conducting a port visit. Left: The Poles expressed their new-found freedom as they openly greeted the American sailors. Below: USS *Harry E. Yarnell* (pictured) and USS *Kauffman* were reportedly the first U.S. ships to visit Gdansk since 1927.



Photo by JO2 Pete Hatzakos



Photo by PH2 Stephen Baliz

people and the second day I did a lot of shopping," he said. "We met a gentleman who spoke English and had studied in Boston. We traded hats, and he took us to his favorite shopping places in the side streets — that's where I did most of my shopping."

The buying power of the U.S. dollar seemed especially impressive when the sailors converted their money to the local currency called "zlotys" (pronounced zwat-ees). The exchange rate was about 9,300 zlotys to the dollar and the average meal was about 34,000 zlotys. Crystal, amber, jewelry, dolls and hand-embroidered items were popular souvenirs.

"At first, the money was very difficult — trying to figure out all the zeros," recalled Radioman Seaman Joe Ingram, assigned to *Yarnell*. "Once you got it down, it was easy. Nobody tried to take advantage of you. If you gave them the wrong bill, they'd show

you what you needed."

There were solemn moments during the visit. Two wreath-laying ceremonies commemorated fallen heroes at the Westerplatte, where the first shots of World War II were fired and at a Solidarity Memorial outside the Gdansk shipyard.

"We visited a concentration camp near here," remembered Ingram. "It wasn't a real big camp — it was one of the camps where the Nazis used to hold people prisoner. A lot of people died there."

"It was just like yesterday," Ingram said. "The shoes they left and the places the people slept made you realize that it really happened. I would hate for anything like that to happen again. I'm pretty sure our tour guide experienced some of it himself."

The Poles were clearly enjoying their new-found freedom as they openly associated with the Americans

was busy with a full official schedule, crew members from the two ships were engaging in their own kind of unofficial diplomacy.

Damage Controlman Fireman Casey Cameron from *Kauffman* found it easy to be a representative of his country.

"The first day on a tour I met a lot of

Port visit



Photo by JO2 Pete Hatzakos



Photo by PH2 Stephen Baliz



and shared their hopes for the future with them.

"Many years we were forced to be in opposition to you Americans by the previous leadership," one man told his hosts on *Kauffman*. "But Polish people have always been the very best friend of America on the continent."

"I met the number three man in Solidarity, who talked about being in the underground and is now helping run the country," recalled LTJG Ray Fitzgibbon, assigned to *Kauffman*. "He said he has many anxieties about what he'll be able to do."

"People are having a difficult time learning to fend for themselves after so many years of depending on the government for everything and for every decision," he said. "He told us he made less money five years ago, but could buy a lot more. He said politics is a mess and the economy is a mess."

The two ships tied up at the French Quay, Pier 1, the spot from which many Polish-American immigrants

departed their homeland in the early part of the century. When the time came for *Yarnell* and *Kauffman* to depart, the scene on the pier and on board the ships was reminiscent of those days — the people gathered on the pier waving goodbye, many with tears in their eyes and calling out farewells in two languages.

For their part, the sailors demonstrated their feelings by sailing white hats to the crowd as a way of leaving part of themselves behind.

There was one other recurrent theme throughout the visit. Both official and unofficial Polish representatives talked about a return visit to America by the Polish navy and the hope for many more port calls in

U.S. sailors made the most of their visit to Gdansk as they toured the city, signed autographs, traded hats and took part in a wreath-laying ceremony to commemorate fallen heroes.

Gdynia in the future by American ships.

RADM Paulsen summed up the significance of the visit as he returned a toast from RADM Romald Waga, Commander in Chief of the Polish navy.

"The world is changing rapidly," he said to his hosts, "and we are very proud to be hosted by a country that has been a leader in those changes." □

Johnson is attached to the Navy Office of Information Detachment, Minneapolis, Minn.



HIV

Sailors often talk about life “on the outside,” as if the civilian world and the Navy world were entirely separate. In most ways, however, Navy personnel and civilians live in the same world. That’s certainly true when it comes to the Human Immunodeficiency Virus. HIV doesn’t care if you’re “on the outside” or active-duty Navy.

The following stories highlight the Navy people involved in HIV issues. The stories look at the dedicated professionals who work with HIV-positive sailors — at the sailors themselves and how they handle living with HIV — at the Navy’s efforts to educate all of us. There’s also basic information about the virus and resources you can use to find out more.

HIV is a fact of life. Meet the individuals on the following pages for whom this virus provides a daily challenge, and you’ll learn the tremendous impact it’s had on some of your shipmates — and the impact it could have on *you*.



HIV: Navy program

Caring for people

Story by J02 Lorraine Frazzini, photos by PH1(AC) Scott M. Allen

"Last Thursday I was getting ready for the 2000-2400 watch and the ship's surgeon called me. He wanted me to come up to the medical office. He just kept calling. 'Come up now. It's an emergency. You have to come up now.'

"As soon as I stepped in I saw the chaplain with the surgeon. I assumed somebody died, because they weren't smiling. Not to sound facetious, but I was almost hoping there had been a death.

"The chaplain touched the surgeon's arm and said, 'Do you want to tell him, or should I?' He started with 'You have....' All of a sudden, it was all directed at me. For some reason the big word, AIDS, just popped into my head. He just told me I was HIV positive.

"I was shocked. It came out of nowhere. I just sat there in disbelief. They pretty well whisked me off the ship. The surgeon told me to get my medical record, get everything rounded up and be on my merry way. I didn't even know if I was supposed to come here now or later." — Rick.

Rick has been at the HIV Evaluation Unit at Naval Hospital San Diego for a week. The unit includes a 24-bed inpatient ward shared by active-duty Navy and Marine Corps members who have recently tested positive for the Human Immunodeficiency Virus and those requiring their reevaluation. The only time patients are housed on the ward is when they come in for evaluations.

The staff also operates an outpatient clinic and sick call services.

Initial patients like Rick normally require hospitalization for 24-48 hours while they complete physical examinations by one of four doctors on the ward, have blood drawn for a second series of HIV tests and have a skin test done to determine their immunological response to various substances.

The rest of their first evaluation can be done on an outpatient basis over a period of 14-17 days, depending in part on how the patient responds to counseling and education efforts and how long it takes to confirm HIV test results. In addition to the physical exams, one of the most important and earliest assessments is psychological.

"When people first come in they're pretty traumatized," said Hospital Corpsman 3rd Class J. Matthew Howell, a psychological technician and one of 11 volunteer hospital corpsmen who work in this unit. "It's all pretty scary. I don't do any major counseling. I just talk with them about why they're here, give them information and conduct a Beck inventory, which is a depression test. It's not unusual to think about suicide in this situation, but we're very careful to stay with them until they've seen the doctor. We let them know



it's OK to feel the way they're feeling."

"Some people are very traumatized when they first arrive here. Some of them think that this really hasn't happened to them," said HM2 Dennis Cohen, one of the ward's veteran corpsmen. He's been assigned to the ward since September 1986.

"A lot of them are in denial and stay in denial for a year and sometimes longer. The first thing they have to do is to accept that they are HIV positive," Cohen continued. "We try to give every person support and encouragement to make them feel strong enough emotionally to inform whoever they need to tell. If we can help explain about HIV in any way, we're here."

There are still those people who don't respond. A lot of people feel alone, and that weakens the mind, body and spirit.

"We go out of our way to provide support, not just to people who have initially tested positive, but to people who are in for reevaluation and to those who have been hospital-

A patient in a Navy HIV unit is tested at the allergy/immunization clinic. Delayed sensitivity testing such as this is used to check the body's ability to mount an immune response.

ized," Cohen said. "I can't imagine myself being hospitalized miles from home with no visitors."

At the unit, support comes in many forms, with education one of the main considerations.

CDR (Dr.) Joseph Malone, the director of the HIV Evaluation Unit, said education is key to preventing the spread of the disease.

"AIDS is one of the largely preventable killers of adults between the ages of 20 and 30, along with trauma and alcohol and drug-related health problems," he said. "Since the disease is preventable, no one else *has* to get it."

Throughout their stay, HIV-positive personnel attend classes dealing with the medical aspects of HIV, substance abuse, Veteran's Affairs benefits and career counseling. Additionally, there are classes on community assistance agencies, financial planning, religion and spirituality,

HIV: Navy program

death, grief and safe sex. There is also a stress management class and a support group. Preventing the spread of the disease is stressed in all classes.

According to Barbara Graham, a social worker with the unit since the Navy's program was established at Naval Hospital San Diego in January 1986, the number one concern of HIV-positive sailors and Marines is how the disease may affect their careers.

"We realized very early on that military members differ from civilians in that respect," Graham said. "Military people have a tremendous commitment to their careers. We developed programs with that in mind. Here, we stress options."

Those options include what Graham called lifestyle changes — learning to adapt to HIV infection both professionally and personally.

Some of the lifestyle changes are health tips that the medical community has suggested for everyone, tips that are even more significant to HIV-positive people.

"Alcohol, nicotine and street drugs are immuno-suppressants. They decrease the cells that are fighting the disease," she said. "Therefore, we suggest that they avoid

"Right now, I'm waiting on the results of the second set of tests. I'm redoing these tests and I have to get checked with the San Diego or state health board. I want to compare both tests because if one comes back positive and one comes back negative, there's a problem.

"I'm not going to stop. I'm going to fight. I have to fight. This is my life. Somebody says I'm HIV. Since when? I still treat this as a nightmare. I don't believe it's occurring."

— Rick.

using those things. There have been all kinds of studies on the negative effects of stress, so we try to help people manage that as well. Most of our people do make the lifestyle changes necessary to stay healthy.

"More than 50 percent of the people in this program have been formally recognized for their work, either with a letter of appreciation or commendation, a ribbon or medal, since testing positive," Graham continued. "I think that says something for the quality of these military people. Military members have a skill of which most are not aware — they learn career planning very early. That's an asset to them

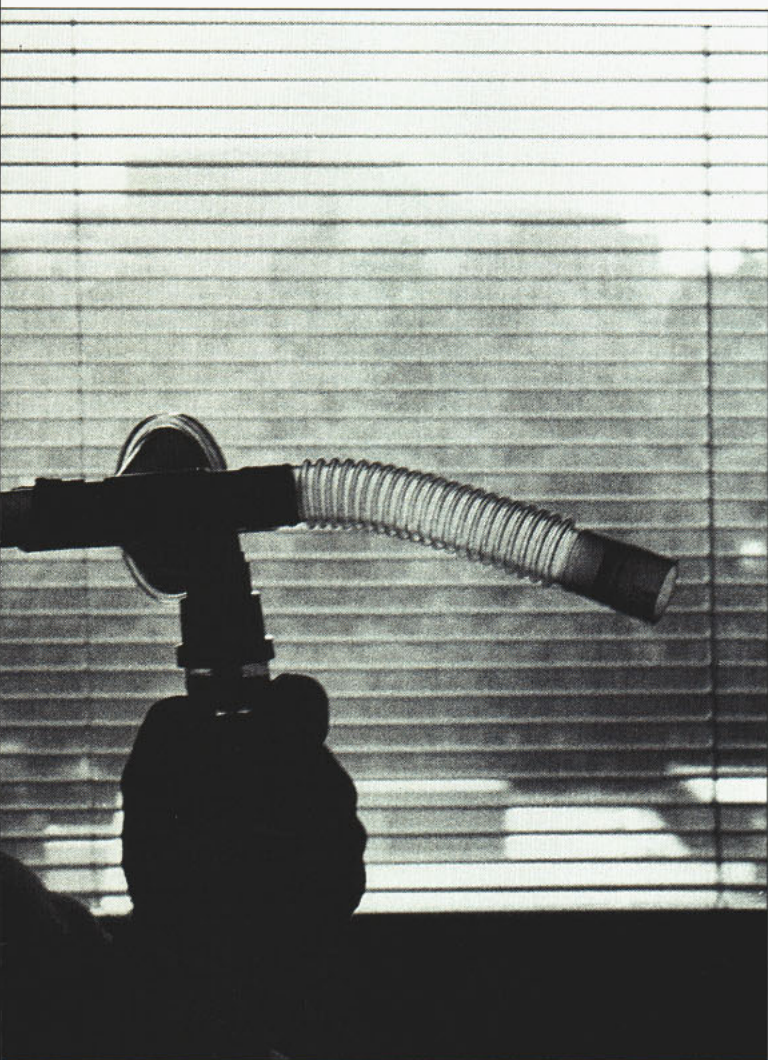


now, when their careers may have to take a different direction."

In addition to lifestyle and career concerns, sailors with HIV need to know their legal rights and responsibilities. LCDR Ron Petronio, Staff Judge Advocate at Naval Hospital Camp Pendleton, gives the legal assistance rights and responsibilities presentation.

"Most people here don't care *how* you were infected," he tells his class. "But there are people in the military who do. You have to look out for yourself."

Petronio explains the Navy policy for managing the HIV program, the Privacy Act and penalties for disclosure of a person's medical status. He also discusses federal and state discrimination and employment laws that apply, as well as housing, employment and the right to medical treatment.



HIV-positive people are vulnerable to infections, such as certain types of cancer and pneumonia. In recent years, many new treatments have been developed to combat these infections. Here, a patient uses the Pentamidine Aerosol breathing apparatus to prevent pneumonia.

He talks about drafting a will.

Case-by-case, he also reviews the legal decisions in the courts martial of HIV-positive service members and the safe sex order, including its role in the conviction of two Navy members for conduct prejudicial to good order and discipline (Article 134).

"In the case of the first sailor, it can't be proven he was ever given a safe sex order, he informed the woman of his medical status and she agreed to have unprotected sex with him. He was convicted anyway," Petronio begins a class

"My career is on the line now. I enjoy the Navy. I'll never tell you different. If I do have it, and it's likely I do even though I don't want to admit it, I still want to be out on the boat, performing everything I did before. I'm allergic to shore.

"Now, I can't even get on a tender. When I can't perform anymore, then take me off the boat or withhold my promotions. I'll still get promoted, but it's not going to be the way I wanted to. I was ready to go EEAP [Enlisted Education Advancement Program]. I was recommended by the CO, I was all ready for that." — Rick.

discussion. "What did he do wrong?"

Someone answers, "He didn't use a condom."

"But he wasn't told he had to," another person answers.

"He didn't use a condom," Petronio tells them. "The rationale is that for military HIV-positive people to infect other military people in any kind of setting affects the readiness of the command and readiness of the military and is prejudicial to good order and discipline."

"Even if their partner is willing?" asks another.

"That's right," Petronio says. "You can't consent to murder, is the rationale.

"One of the biggest problems a while back was that COs didn't want HIV-positive personnel at their commands," he continues. "The attitude was that HIV-positive people were gay or were drug abusers and not entitled to the same benefits [as other sailors]. It's getting a lot better than it was, but that's an attitude you may have to face out there." Petronio warned that sometimes prejudice against a sailor with HIV can cause ultra-sensitivity to that individual's performance. In some cases, that has resulted in an administrative separation under an other than honorable discharge, with the loss of VA benefits. The best defense is to be a top performer.

"One of the most valuable benefits you have is your medical benefits," Petronio stressed. "You don't want to lose those. Be '4.0' sailors."

HIV: Navy program

Another aspect of the disease that concerns sailors with HIV is the stigma. Many people — both military and civilian — know so little about HIV and AIDS that they're afraid of individuals who are infected.

However, HIV-positive people aren't the only ones affected by prejudice.

"I get frustrated when people ask me where I work, I tell them I work in psych and HIV and they say, 'Eew, you work in the AIDS ward,'" said HM3 Howell. "I always have to explain that there is no 'AIDS ward.' We work with HIV-positive personnel."

Everyone has a story to tell about himself, a friend or a patient, but all agree that attitudes toward HIV-positive people have been improving, slowly.

"There aren't as many horror stories going around as there used to be," said Barbara Graham, reflecting on

changes in society, "but there are still some."

"The only way to end it is through education," added HM1 David Lenker, the division LPO.

"Living with the situation takes special support," added Lenker.

One such support system is the Positive Hope Alumni Association. The group was formed by several concerned patients and staff members in February 1986 when guidelines were changing daily and Navy policy was not yet firmly established. Initially, the group's function was to take an active role in providing support and information for new patients. They've expanded their support with myriad activities and projects.

The group meets every Tuesday afternoon and guest speakers are often invited to the meetings. Volunteers produce a monthly newsletter to keep members informed of the latest developments in treatment, Navy policy and ward procedures.

The group's first project was the Holiday Hotline, which started in 1986. During the holiday season, volunteers operate a toll-free crisis intervention and support hotline to provide emotional support during a time when many members return home to tell family and friends about their condition.

Another project was the Positive Hope Quilt. One hundred and eighty people gathered at the hospital chapel Nov. 7, 1989, for the dedication ceremony of their contribution to the National Names Project, which commemorates in a huge quilt the many thousands who have died from AIDS. The quilt, symbolic of the alumni, displays sea service insignias of all ranks and rates, a boatswain's rope and a teddy bear, the unofficial symbol of the alumni that represents the unconditional love and support they provide for each other. The quilt is now on display with the Names Project 1990 tour.

The association also sponsors quarterly weekend retreats for patients and staff at a YMCA camp. They deal with expressing personal feelings, fostering inner strength and encouraging spiritual renewal.

"I think it also helps our people to feel they are on the cutting edge of technology," said LCDR Georgene Waecker, the charge nurse in the HIV unit.

To that end, the Navy is participating in a federally funded program in cooperation with Veteran's Affairs and the University of California at San Diego Medical Center. A

HIV-positive sailors face continuing tests for the rest of their lives. The Navy offers a complete care program that includes medical and psychological care, as well as social support programs.



"When the time is right, when there are no pressures on my girlfriend, I'll take her aside and just tell her. Hopefully, she'll stay and listen. Some people just say 'I don't want to hear about it. Don't tell me anything.' You hear about the 'Dear Johns.'" — Rick.

team of medical researchers — including virologists, neurologists, psychologists and psychiatrists — is studying the impact that HIV has on the nervous systems of HIV-positive sailors and Marines, as well as HIV-positive civilians living in San Diego.

According to Lucy Brysk, the research coordinator, Navy cooperation has been crucial to this project. The five-year \$19.5 million study, funded by a grant from the National Institutes of Mental Health, will help determine if healthy coping mechanisms and social support groups, like those provided by Naval Hospital San Diego, can slow the rate of progression of the disease.

"We wanted to test military personnel because they are dated sero-converters," Brysk said. This means there's a fairly good idea about when they were infected. "We needed to track the progression of the disease from the beginning and we needed a pool of people with good care and assessment."

The research center keeps a room on the ward for administrative purposes, and their staff members attend Thursday morning conferences with the ward staff to discuss all aspects of patient care.

"The briefings are an ideal communication link, and I've been very impressed with the level of insight and empathy of the staff," Brysk said. "It's not just blood tests and lab tests. The staff here is very supportive."

"I'm very lucky to have a staff of this quality," said LCDR Waecker. The corpsmen are her responsibility and potential staff members are screened in a personal interview with her before being accepted to the ward.

"The corpsmen on this ward need to be independent and knowledgeable to work well without supervision," she said. "They need leadership and maturity and they need to be accepting, nonjudgmental."

Finding people like that, who are willing to stand more watches than their peers in other wards and stay on ward assignment for more than six months, is a challenge; but many of her people have been on this ward for years. In addition, they donate countless hours of off-duty time to ward projects and activities.

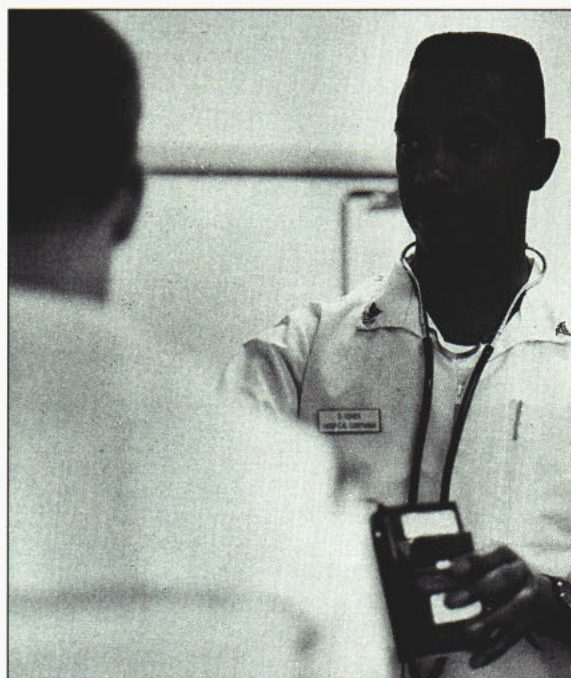


Photo by JO2 Lorraine Frazzini

A hospital corpsman monitors an HIV patient's vital signs as part of testing.

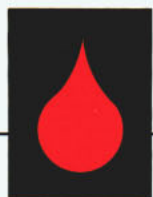
"The reason we keep people so long is the rewarding patient population," Waecker said. "It's challenging to feel you really are helping. The opportunity to do that is here, and I think our patients realize how much this unit provides."

"If I didn't think it was the most rewarding thing I'd ever done, I wouldn't still be here," added HM2 Cohen.

"We have a unique collaboration between three major players in the research, diagnosis and treatment of the disease — the Navy, Veteran's Affairs and the University of California, San Diego," said Barbara Graham. "In other areas, you won't find that kind of collaboration or cooperation."

"The Navy took a tremendous risk being open with the community about establishing this ward here and they've been rewarded with a tremendous amount of support," Graham continued. "I think the crustiest 'old salt' in the Navy, no matter how he feels about the disease, can take a lot of pride in the way the Navy is looking out for its people." □

Frazzini is assigned to Navy Public Affairs Center, San Diego. Allen is a photojournalist for All Hands.



HIV: Education

Our strongest weapon

Story by JO2 Andrew I. Karalis

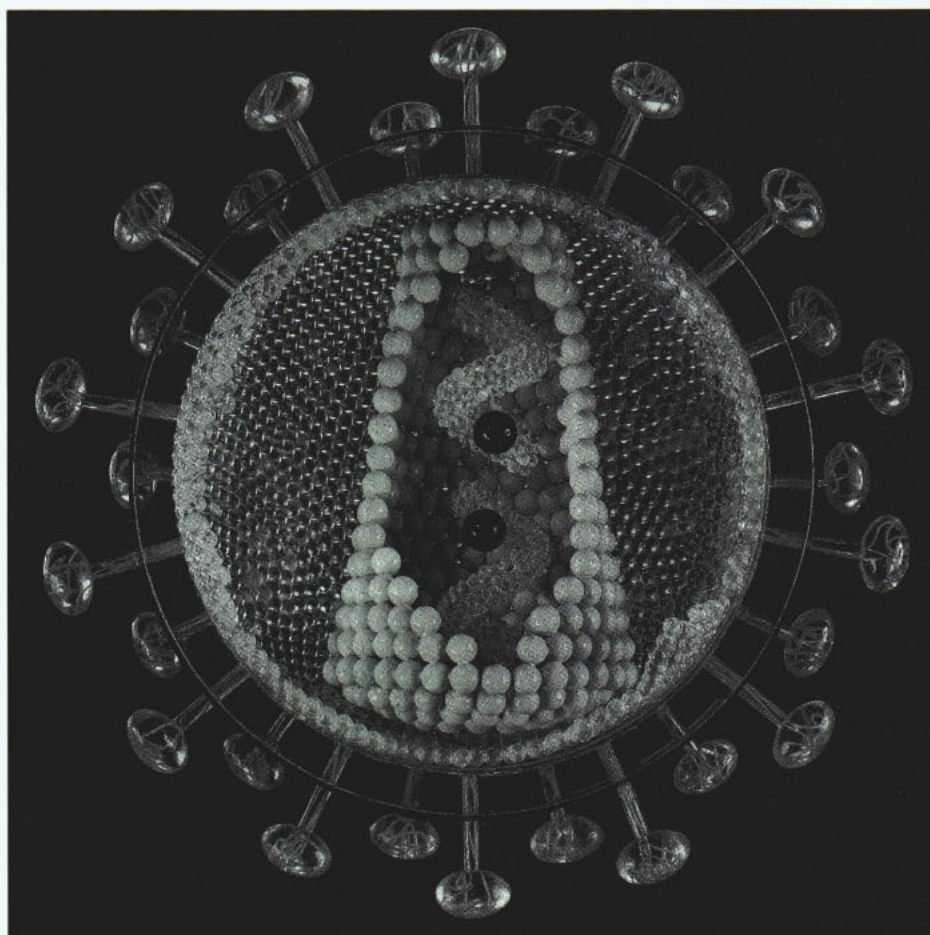
The Navy, as a microcosm of society, is affected by what is being called the "black plague" of the 20th century — AIDS, Acquired Immune Deficiency Syndrome. HIV, the Human Immunodeficiency Virus that leads to AIDS, infects about 300 sailors each year. Since 1981, more than 83,000 people in the United States have died from AIDS — that's more than the combined battle deaths in the Vietnam and Korean Wars.

The Navy's war against HIV is on two fronts — to stop further spread of the virus and to fight the fears people have of HIV-infected individuals.

"The best way to combat that is to educate our people about the modes of transmission, high-risk behaviors associated with HIV and AIDS and safe sex practices," said LT Heidi W. Gerding, Special Assistant for HIV policy in the office of the Chief of Naval Operations.

Sailors first learn the basics about AIDS and HIV in health and sexual education classes when they are new recruits and midshipmen. AIDS education is then reinforced later on in their careers in settings such as general military training, petty officer indoctrination and courses for prospective commanding officers and executive officers. But it wasn't always this way.

"We have learned a great deal over the past four years," Gerding said, "and have benefited by our mistakes.



Courtesy of Institut Merieux

The program today is very supportive and it's the right thing to do."

In her role as Special Assistant for HIV policy, Gerding recently incorporated the latest information available into the Navy's instruction on HIV, SecNavInst 5300.30C. In addition,

A model of the Human Immunodeficiency Virus. The real thing infects about 300 sailors each year.

she gives briefings to various audiences on the management of and policy concerning HIV-infected sailors.

However, plenty of misinformation

is still available in the fleet today.

A master chief, informed by the Red Cross in 1986 that he had the HIV infection, said he knew little about AIDS until the Navy's HIV test came up positive in 1987. "Then the education came," he said. "The doctors [at National Naval Medical Center, Bethesda, Md.] were very good in their explanation of how it actually works, the things you need to watch and how to monitor your diet.


"Overall, education in the Navy has gone from nothing to a lot more awareness," the master chief continued. "And I think that's not only the Navy, but the population in general. DoD said, and I understand the Navy has helped in this regard, 'OK, we have good performers who still have service to offer and we still have jobs that need to be filled by people who can perform them at the proper levels. Let's keep them.'"

Misconceptions and prejudgments about HIV-positive people and AIDS patients prevail throughout society, leading to the common thought that *only* homosexuals and illegal drug users are at risk. However, the truth is anyone can become infected with HIV — infant or grandmother, officer or enlisted, man or woman. That's why it's important to protect yourself. Also, you can't tell who is HIV infected by the way they look, walk or talk.

"The key here is sensitivity," said LT Patricia M. Batt, HIV/AIDS education program sponsor in the office of the CNO. "You can't tell by looking at someone whether they are HIV positive, so sensitivity is a must. Treat them as you would any other person. You hear all these remarks, jokes and comments — this person has enough to worry about, being HIV positive, without having all that happen to him or her."

"A lot of the problems we have in the fleet are caused because people are

Courtesy of U.S. Public Health Service




Under- standing AIDS

What Do You Really Know About
AIDS?


Are You At Risk?


AIDS And Sex

Why No One Has Gotten AIDS
From Mosquitoes



OTIS R. BOWEN, M.D.,
Secretary
U.S. Department of Health and Human Services





ROBERT E. WINDOM, M.D.,
Assistant Secretary for Health
U.S. Department of Health and Human Services

This brochure has been prepared by the Surgeon General and the Centers for Disease Control, U.S. Public Health Service. The Centers for Disease Control is the government agency responsible for the prevention and control of diseases, including AIDS, in the United States.

U.S. GOVERNMENT PRINTING OFFICE: 1986 — 555,925

scared they will acquire HIV infection," added Gerding. "People are misinformed about how HIV is transmitted and need to be better educated."

"Education is the key to overcoming that fear and to stopping cruel jokes," said Chief Hospital Corpsman Rosemarie Draper, an instructor at Recruit Training Command, Orlando, Fla.

"Recruits definitely need to be taught about HIV and AIDS," she said.

Thought-provoking posters and pamphlets help educate the public. Such materials are available from the National AIDS Information Clearinghouse. The address is listed on Page 16.

Draper teaches a health, pregnancy and parenting course, which includes HIV and AIDS instruction. "Before I show the class a Department of the Navy film called 'Facts and Prevention of AIDS,' I tell them that HIV can infect anybody, not only male homo-

HIV: Education

sexuals and drug abusers, but everyone, so everyone needs to know about it."

A married petty officer 1st class with two children who is also HIV positive said, "Society has chosen to disregard this disease because of an 'it can't happen to me' attitude — they think that it only affects drug users and homosexuals. That attitude makes it easy to understand why people act in certain ways around individuals who have HIV."

Such misunderstanding has another result, too.

"If people are unaware of my status, everything is fine," said the HIV-positive master chief. "[But] I've noticed when people become aware [of my status] their immediate reaction is, 'If you breathe on me I'll get sick!' They fear that if you look at them, if you breathe on them, if you touch them, if you do *anything* to them, you are going to transmit this. It's the lack of education of what it takes to transmit the disease."

Prospective shore station commanding and executive officers are briefed on management of HIV-infected personnel during a Prospective Commanding and Executive Officer Shore Station Course held in Washington, D.C. LT Gerding, the Navy's briefer, advises on Navy policy and offers advice on such matters as how to deal with the issues of confidentiality, work assignments, medical evaluations, issuance of safe sex orders and limitations of duties.

"COs may say, 'I don't want this guy working in the mess. Good god, do you realize what he could do?'" said Gerding. "The Centers for Disease Control guidelines on food service workers say that there is no reason for them not to cook. We know that is not a mode of transmission, yet a lot of people still have a hard time dealing with it."

COs, XO's, department heads, division officers, chiefs and leading petty officers all need to know that an HIV-positive sailor can and should be treated like any other shipmate who may be ill, and respect their confidentiality regarding their HIV status. The CO can notify others in the command only on a "need to know" basis.

"I let certain people know, like my lieutenant," said a 2nd class petty officer, notified he was HIV positive three years ago. "But my shipmates? No, there's just not enough education out there in the Navy. Not enough people know and understand what this disease is all about. Until they do, I think it would be foolish to let everybody know."

"I may tell a few of my shipmates, people that I could really trust," said

the HIV-positive 1st class petty officer. "I wouldn't want to put myself in jeopardy though, like what happened to those other guys," referring to members of his support group who received death threats once their confidentiality was breached.

The nearly 900 HIV-positive sailors on active duty in the Navy include people in all ranks, rates and jobs — non-designated seamen, petty officers, master chiefs, officers. The point is that *anyone* can be infected.

"We always say, 'Until there is a cure, education is our strongest weapon against infection,'" said LT Batt. "That's why education in the fleet is so important." □

Karalis is a writer for All Hands.

For more information

The National AIDS Information Clearinghouse, part of the U.S. Department of Health and Human Services, Public Health Service Centers for Disease Control, provides information, resource material and publications on HIV and AIDS. Any question regarding AIDS can be asked; if they don't know the answer right away, they'll get back to you with the answer. For more information write: National AIDS Information Clearinghouse, P.O. Box 6003, Rockville, Md. 20850, or call toll-free at 1-800-458-5231.

The American Red Cross has also volunteered to help in getting the message out on AIDS and HIV. Just contact a local chapter to have an instructor come to speak at your command.

An Army training film, "AIDS: A Soldier's Story," has been adapted for use by the fleet. It has a special

introduction by the Chief of Naval Personnel and closing words by the Master Chief Petty Officer of the Navy.

The 27-minute film is available in BETA, VHS or three-quarter inch U-Matic formats. Write: (East Coast) Commanding Officer, Naval Education and Training Support Center Atlantic, Norfolk, Va. 23511-6197; or (West Coast) Commanding Officer, NETSC Pacific, San Diego, Calif. 92132.

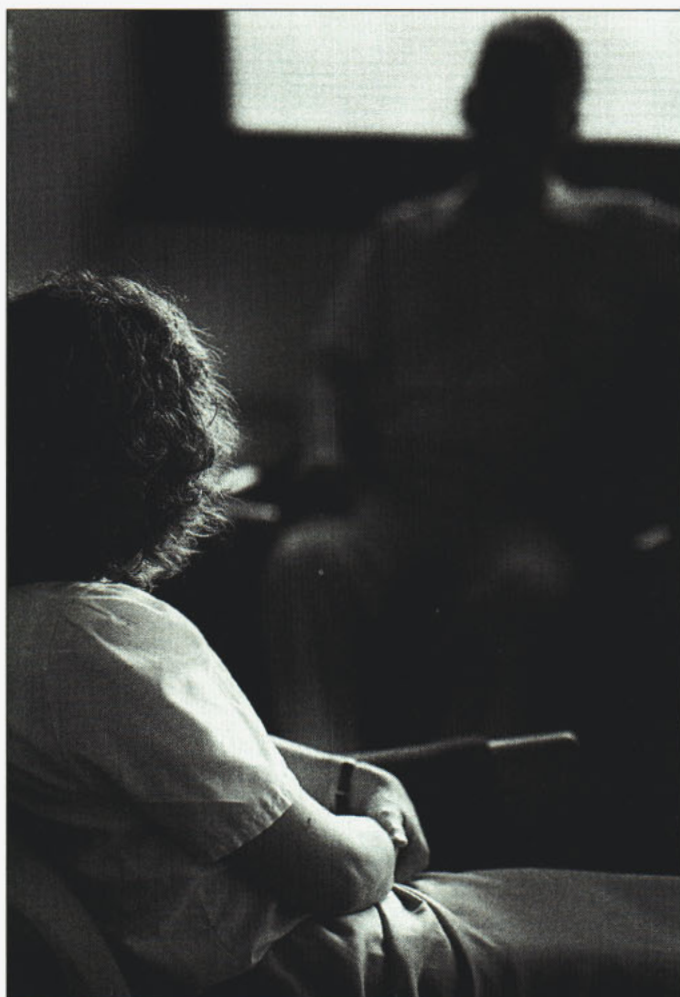
If you have any questions about HIV-positive sailors on policy, assignment, testing, education or separation, call: Policy — LT Gerding (202) 694-5562, (AV) 224-5562; Assignment — LT Powell (202) 694-3785, (AV) 224-3785; Testing — CDR Hickey (301) 295-6592, (AV) 295-6592; Education — LT Batt (202) 693-2642, (AV) 223-2642; Separation — LCDR Saddler (202) 694-1412, (AV) 224-1412.



Discovering life

Story by JOCS Robin Barnette, photos by PH1(AC) Scott M. Allen

When I was first diagnosed, I kind of knew," said Bob, a petty officer 2nd class. "A roommate came up positive for HIV and told me one of the symptoms was swollen lymph glands. I felt my neck and I had them. So I knew — before that I'd been pretty sexually active."



Bob is barely in his mid-twenties. He's known about his infection with the Human Immunodeficiency Virus for three years.

Not long ago, an HIV diagnosis was a death sentence. HIV quickly developed into full-blown AIDS in most people. Now, however, a wide range of treatments are available that delay development of AIDS and the infections that take hold because of a weakened immune system. Sailors are staying healthy longer, able to carry on normal lives.

No longer is the issue dying from AIDS, but *living* with HIV.

Every week, sailors check into the Navy's HIV units, reeling from the shock of that initial diagnosis: You've tested positive for HIV.

"I was in shock for about the first month, then I was angry," said Carol, a 1st class petty officer. "It was sexually transmitted — I'd broken up with my fiancé about a year before. He called me to say he'd come up positive. At first I didn't think it had anything to do with me." It's been four years since Carol found out that her boyfriend's test results had a lot to do with her. "There was anger, guilt, bitterness. Then the education process started."

Frank, a seaman, was diagnosed a month ago. "I was home on separation leave and I had to report back to the ship. Nobody would tell me why," he said. "When I first found out, I cried and cried like a baby. I've faced facts, though. 'It's here, it's not going to leave — so stop your damn crying and get on with your life!'" He laughs, but there's an uncomfortable edge to it.

"First you think you've lost your health," said Dr. K. Duane Riddle, staff psychologist at the HIV Unit, National Naval Medical Center, Bethesda, Md. "But what you've really lost is your freedom sexually, you've lost your freedom socially. How do you regain that?"

Sailors diagnosed with HIV have to adjust to the idea of having a fatal disease — and learning to live with it.

HIV: People

That question is not easily answered by either patients or staff at NNMC Bethesda, but it's the answer that makes it possible to go on with life.

"One of the key issues that every one of our patients experiences is, 'I have HIV. I am dying,'" explained Denise Gordon, a staff social worker. "While we can't deny the fact that HIV is something for which we have no cure, our patients are not *dying*, although they may die due to the virus many years from now. They have to realize they have reasons to live."

Each person has to make that discovery on his or her own.

"I look at it with a lot of humor. I have to — This is the first time in my life the Navy's ever been so interested in me!" Carol said, jokingly.

She's looking forward to the future. A 12-year veteran, Carol plans on finishing out her Navy career, getting her bachelor's degree (only 18 credits to go) and is engaged to be married.

"My fiancé helps me deal with HIV," she said. "He's solid, doesn't waver. He's not there for me to talk to, but to tell me to get my collective 'stuff' together in one sock."

Marty, a petty officer 1st class, finds his marriage a source of strength. His wedding day was imminent when his HIV test results came in.

"I poked my head into my fiancée's office and she must have read the expression on my face, because she didn't ask any questions," he said. "I said to her, 'It came back positive.' She said, 'I still want to marry you.'"

"She never hesitated once in her decision to go through with the marriage," he continued. "I went back and forth between 'this may be my last chance [at a relationship],' to 'how could you endanger her?'" They married, and now have a child, conceived by artificial insemination.

Marty also finds strength in his religious faith.

"My faith in God makes all the difference in the world," he said. "When anyone asks me how I am dealing with this, I have to give credit to God."

Some people aren't so fortunate to have a supportive spouse or "significant other." Bob, for instance, is active in a county-sponsored AIDS support group that has become like a family to him.

"It's very important to me," he said. "We bond together. We're like brothers. If someone is hurting, we all hurt as well. Last week one of the guys was just sitting in the corner, being quiet, while the rest of us were all talking. But we

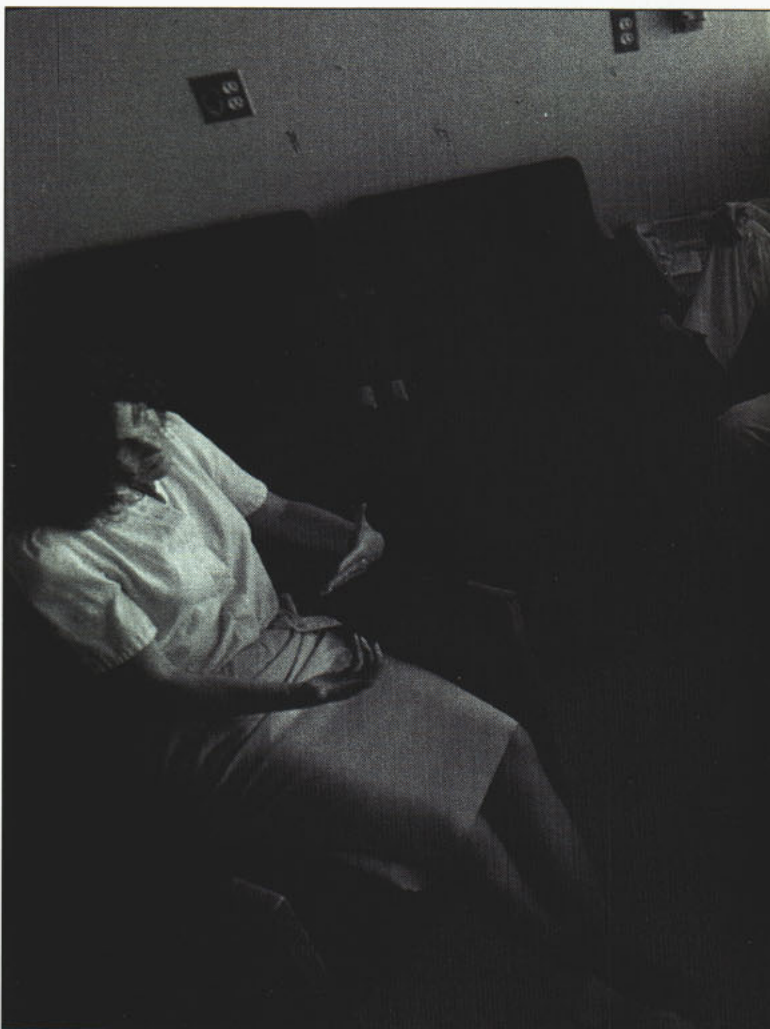
noticed him and stopped what we were doing to find out what was wrong."

A support group meets daily in the HIV unit at NNMC Bethesda, and even though the membership is transient — usually people are on the ward for only a week or two at a time — the staff says it's beneficial.

"Topics in the groups tend to be about work," said Peggy Davis, a staff social worker. "What is it going to be like when I go back to my command? How do I tell my family about this? And relationships — 'I'll never have sex again.' 'I'm married, and how is that relationship going to hold together?'"

Talking about those concerns doesn't make them go away, but it helps people cope.

"We can't wave any magic wand over you, but if you can get out some of your feelings about what this is like, you'll begin to learn how to live with this diagnosis," Davis said.



An important part of coping with HIV is talking. Sailors take the first step by discussing it with HIV Unit staff and other patients.

"Talking to other people makes a big, big difference."

Support groups are a "safe" place to talk. Everyone there is in the same boat and confidentiality is the rule. But every individual must also decide who else to tell — spouse, lover, shipmates, parents or other family members.

"No one in my family knows," said a young man who has known about his HIV for a couple of years. He was attending a discussion of religious issues and family values, led by the staff chaplain, LT Walter Ken Cumbie. "I told my mother, but she passed away and no one else in the family knows." He tells how his mom helped him by clipping articles about HIV and AIDS out of the newspaper and being there to talk with.

Another man, recently diagnosed, said he'd told his family over the phone. "I haven't had the chance to see them face to face," he said. "Their reaction on the phone was good. I'm anxious to see them. Friends care a lot, but I

don't think anybody can care like family. I need their help in getting through this."

"My own experience is that sometimes the most difficult thing in the world is to be honest with our families," responded Chaplain Cumbie, who has worked with AIDS patients and HIV-positive people since the early 1980s. "None of us wants to be rejected. Generally, we're afraid, deep down inside, that even our families may turn us away."

Later, outside the group, Cumbie analyzed what it means to tell your family about an HIV diagnosis.

"Those two men who talked so powerfully about sharing their secret — I want them to see [sharing] as something that's courageous and takes a lot of faith," he said. "They both know it's helped them, but the virus didn't go away. You can't measure the changes that occur because of telling your secret. The change isn't scientific — it's got to be spiritual."

Of course, telling your family that you have HIV sometimes does result in rejection.

"My family seems to have taken it harder than I expected," said Frank. "I'm getting a lot of rejection from my grandmother, aunts, uncles and cousins. My grandmother basically told me to go jump off a bridge and make everybody's life easier."

"I was contemplating that for awhile," he continued. "I'd say in my situation, if it hadn't been for the social workers here, I'd not have made it through."

In the case of one petty officer 3rd class, her mother knew about her HIV before she did. Debbie's condition was discovered after she was seriously injured in a car accident.

"She was in intensive care at the time," said Debbie's mom. "The head nurse, a chaplain and some doctors were all gathered in a conference room when they told me. It's like a big puzzle thrown up in the air and you have five minutes to put it together. They asked if I wanted to tell her, or have them do it."

Her mother decided to tell Debbie herself.

"At first I was upset, hysterical," Debbie said, "but after that I handled it very well."

"My family doesn't know anything about this," the mother said. "I think about the effect it would have on the way they feel. My mother would worry herself sick because she doesn't understand it."

The issue of who to tell about an HIV diagnosis is a big one, but it's not the only one. Concerns about their careers figure largely in sailors' worries and frustrations about HIV. Their plans to advance in the Navy are often set back, because they lose the chance to serve aboard ships and enlisted sailors can't go into officer programs.



HIV: People

However, Navy policy prevents an HIV-positive diagnosis alone from disqualifying someone for "C" school. Today, if a sailor applies, is qualified for the school and a seat is available, then that person is selected. But while Navy regulations can set policy, attitudes are another matter, and prejudice is an issue HIV-positive sailors must deal with.

"It puts such a stigma on you," said Bob. "It makes you want to be better than everyone else. I bust my chops to be damned squared away!"

A petty officer in the chaplain's discussion group describes being in the HIV unit's waiting area and seeing people he knows walk past.

"I want to hide," he says. "And they see me, but just keep on walking. It makes me feel really bad."

"Why are you ashamed?" another man asks.

"I'm not ashamed. I'm a very proud person," he answers. "It's just that I've lost so many friends over this. It hurts to be rejected. And it's not only rejection, it's people hurting deliberately, being cruel."

Another sailor tells about checking into the hospital's barracks; the person at the desk recognized the ward number of the HIV unit. "Now no one talks to me there," he says.

Chaplain Cumbie asks a black Marine if this kind of prejudice is familiar: does it compare with racism?

"Oh yeah," he says. "It's in a different form, but it's the same."

"The reaction to it is the same," echoes another black man.

It's the fear of people with HIV, and prejudice against them, that makes infection with the virus inescapably different from having cancer or any other ultimately fatal disease.

"The biggest difference between having HIV and other conditions is societal discrimination," social worker Gordon said. "Society is not going to reject you because you have diabetes or heart disease."

The key to living with HIV is to take control, according to the staff on the HIV unit.

"We call it 'empowerment,'" explained Gordon. "We try to empower our patients, allow them to regain control of their lives. One of the ways we do that is teach them as much as we can about their condition."

As sailors infected with the virus accept their condition, accept themselves and gain control, they learn to live with HIV.

"We see a return to normalcy, a return to life, business as usual," Dr. Riddle said. "These people have made the adjustment and integrated themselves back into society. Why

Talk About AIDS

How Would You Deal With It If One Of You Got AIDS?



Rob: I would be really upset.

But you would still be friends?

Rob: Yes.

Would you invite him to dinner?

Rob: Yes.

Would you hug him?

Rob: Yes. Look, my best friends are my family. And if one of us got sick, we'd all be there for support.



1-800-342-AIDS

This is a message from the U.S. Centers for Disease Control.

HIV forces people to reexamine their lives and make some tough decisions, including whether to stand by family and friends.

has that happened? They've discovered they can be accepted. They've learned to laugh."

"Before I was HIV positive, I had a list of things that I always wanted to do and I was going to do someday," said Marty. "Well, today is 'someday.' I think I've had a lot more fun since I found out I was HIV positive, because I'm living a fuller life now."

All these HIV-positive sailors live with doubt on a daily basis. They don't know what may happen to them — whether the virus will develop into AIDS, or whether a cure may be found. Most of them, however, learn to handle the uncertainty in their lives.

Concluded Carol, "There are times when I get into the 'what-ifs?' But the hell with that — I keep on trucking, keep on planning. I don't give up dreaming. I've got dreams and hopes for tomorrow." □

Barnette is the editor of All Hands. Allen is a photojournalist for All Hands.



HIV: Facts

The simple truth

Story by JO1 Dennis Everette

If someone came into your home and ripped out the electrical system, loosened the plumbing and took a sledgehammer to the inner walls, you'd be furious.

If you had opened the door to that person, you'd feel even worse—devastated because of the destruction and betrayal by someone you trusted.

And if nothing you did stopped the destruction, one day your house would fall to the ground, because the infrastructure had been destroyed.

That's how Acquired Immune Deficiency Syndrome affects the human body. The immune system is weakened and over a period of time it can no longer fight off disease. Eventually the body is destroyed.

Since 1981, that's been happening to a growing number of people—mostly men—in the United States. The Human Immunodeficiency Virus attacks white blood cells, called T-Lymphocytes or, simply, T-cells.

HIV is transmitted by means of infected semen, vaginal secretions or blood into a person's bloodstream. HIV gets into the blood through ruptures in the surface lining of the vagina or rectum. Too small to be seen by the naked eye, such tears may occur during insertion of the penis, fingers, or other objects.

Infection with HIV is not AIDS—it usually results in no symptoms at all. Because many infected people remain symptom-free for years, it's hard to be sure just who is infected with the virus. The more sexual partners you have, the greater your chances of encountering one who is infected and becoming infected yourself.

HIV most often infects persons who take part in risky behavior, such as certain types of homosexual and heterosexual activities. One of the most frequent methods of transmission is anal intercourse, for example. Sharing intravenous drug equipment or having sex with an intravenous drug user is also risky, as is having sex with prostitutes—female or male—and casual sex with a partner you don't know well, or sex with someone you know is HIV positive.

If you're sexually active, taking precautions is important. A practical form of protection is the condom. Use condoms made of latex rubber. Lambskin or natural membrane condoms are not as good because of the pores in the material. Using a spermicide containing Nonoxynol-9 with a condom may provide better protection against the virus. If you use lubricants, use only water-soluble ones. Oil-based lubricants weaken condoms and make them break.

Using a condom doesn't *guarantee* safety from HIV, but this protection is the best you can get, other than abstinence from sex. Other ways to lessen the risk of HIV infection include avoiding casual sex, knowing your partner and avoiding the use of illegal drugs.

One of the least frequent ways of contracting HIV nowadays is through blood transfusions. Although in the past some people became infected with HIV from receiving blood transfusions, this risk has been virtually eliminated. Since 1985, blood donors have been screened for the detection of HIV infection, and donated blood that is found positive is discarded.

HIV isn't easy to contract. You can't simply "catch" it like a cold or flu. Unlike cold and flu viruses, HIV is not spread by tears, sweat, coughs or sneezes. You can't get the virus by using an infected person's clothes, phone or toilet seat. It can't be passed on by eating utensils, drinking glasses or other objects that infected persons have used.

HIV is not transmitted through every day contact with infected people, whether at work, home or school. You don't have to worry about insects transmitting the virus. Kissing is also safe: There has never been a documented case to prove that HIV has been transmitted by kissing.

Symptoms of HIV can include swollen glands lasting for several weeks, unexplained and increasing tiredness and unexplained fever, shaking chills, soaking night sweats. A dry cough, persistent diarrhea and sudden and extreme weight loss not due to dieting are other possible symptoms. White patches or spots on your tongue or mouth are another possible indicator, as are pink or purple blotches on your skin or in your mouth that don't go away.

If you have any of these symptoms—and have been sexually promiscuous or have engaged in other risky behaviors—see a doctor immediately.

HIV is most often transmitted sexually. Take precautions: The door to this virus is not one you want to open. □

Everette is a writer for All Hands.

Helping hands

Ombudsmen provide valuable service.

Story by JO1 Chris Price

If you think that an "ombudsman" is a tiny purple plant that makes you sneeze in the spring, a side dish with meatloaf or a gardener dressed in blue jeans, you're sadly mistaken.

It's a fact, some Navy sailors haven't the faintest idea what an ombudsman is — not to mention the pronunciation of the word.

The truth is, the efforts of ombudsmen have allowed sailors to go on

lengthy deployments, confidently knowing that if a crisis occurred in the family, the sailor needn't rush home from the Mediterranean to solve it. The sailor could rely on the area ombudsman to help his or her spouse through the difficulty. Because ombudsmen live in the military community, they can be reached at a moment's notice.

Unfortunately, some sailors still

perceive ombudsmen as social organizers for bored housewives — nothing but tea and television. As one skeptic put it, "Just a bunch of ladies sitting around with their feet on a table — eating bonbons — and griping about their husbands' lousy careers."

But ombudsmen *don't* sponsor tea parties or entertain lonely spouses. Nor are they affiliated with club organizations.



U.S. Navy photo



Photo by PHT Alexander C. Hicks, Jr.

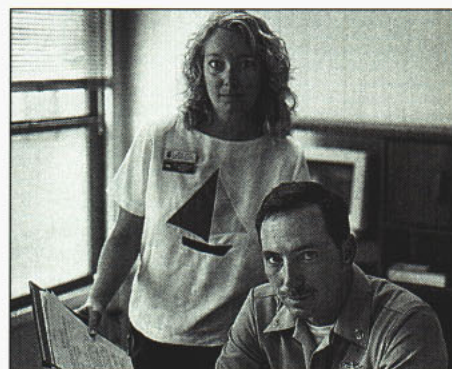


Photo by SM2(SW) James Palmer

Ombudsmen are spouses of active-duty sailors, hand-picked by commanding officers, to handle expected difficulties or unexpected crises that occur within families at that command. Ombudsmen meet regularly with their COs, XOs and command master chiefs, discussing anything from suspected child abuse in a military household to commissary hours of operation.

COs of shore stations, surface ships, submarines and aviation squadrons advertise for ombudsmen within their commands, through base newspapers or plans of the day, and interview spouses — both men and women — for the volunteer positions.

Ombudsmen must be responsible and dependable, since their every word and deed reflect on the command they represent. Spouses are *not* selected in order to strengthen their partner's chances for promotion.

"The idea of ombudsmen didn't flourish in the first few years — it didn't catch on with the Navy commands," said Warren Reynolds at Navy Family Services Center, Norfolk Naval Base. "But when commands got a few ombudsmen who started doing good jobs in the mid-1970s, more and more were selected."

Until 1986, the Navy was the only military branch with ombudsmen, but the Coast Guard has also discovered

their benefits and has started a program patterned after the Navy's.

The concept of spouses acting as liaison between families and the commanding officer developed in 1970, with then-Chief of Naval Operations ADM Elmo R. Zumwalt Jr.'s association with Navy Wives' Clubs. When the wives met with the admiral, they seized the opportunity to express views on issues affecting Navy family life.

Soon, Navy authorities realized they needed official family representation. Navy COs were required to select spouses within their commands to act as liaisons, and by 1980 most commands had an "ombudsman."

While small commands may have only one or two ombudsmen, the Hampton Roads-Tidewater, Va., area, has as many as 500 ombudsmen. The area includes numerous commands at the Norfolk Naval Base, Naval Weapons Station Yorktown, Naval Amphibious Base Little Creek and Naval Air Station Oceana.

Commanding officers can increase or decrease the number of ombudsmen at their discretion. COs can ask an ombudsman to resign if he or she violates the program's strict code of ethics — primarily client confidentiality. Ombudsmen must resign when their spouses receive orders to a new duty station, or when a new CO takes com-

Preceding page: Families and friends of USS *Saratoga* (CV 60) and USS *Kidd* (DDG 993). Left: Norfolk welcomes home crew members from deployment. Above: *Saratoga*'s ombudsman Mindy Scott and BMC(SW) Tim Branam.

mand. They may, however, be reappointed by the new CO. A few ombudsmen depart when differences of opinion with the CO, XO or command master chief prevent a supportive working relationship.

At Naval Air Station Norfolk, four ombudsmen represent eight departments.

"Anytime the ombudsmen call on me, I'm willing to listen," said Master Chief Aircraft Maintenceman Richard W. Pound, NAS Norfolk's command master chief. "So far, I've been glad that those calls came in."

When USS *Conyngham* (DDG 17) had a fire and explosion, Pound referred the callers to the appropriate sources since the ship did not fall under his command.

"The people who got right in the middle of that [helping the families] were the [ship's] ombudsmen and the Family Service Center," he said.

Ombudsmen help families cope with news of accidents at sea and set straight rumors that could create panic in the military community. Ombudsmen are usually the first to receive tele-

Ombudsmen

phone calls or message traffic from the deployed units' COs, XO's or command master chiefs, who brief them on the status of the crew.

Regardless of what happens aboard ship — an award ceremony, promotion or tragedy — an ombudsman is often the bearer of good and bad news.

"When there's been an accident at sea, my first reaction is to stay calm," said Katie Woods, ombudsman for the families of the 400 crewmen on board USS *Charles F. Adams* (DDG 2), homeported at Mayport, Fla.

"A lot of wives, mothers and girlfriends will start calling me," she said, "but I assure them that if it is a tragedy [involving their loved one], that they [the families] will be the first to be notified." Official notification of next-of-kin is coordinated through the Navy's Casualty Assistance Calls Program Office in Washington, D.C.

Woods also refers relatives and friends to other on-base sources, particularly the Family Service Center, for the latest information and assistance during an emergency.

Ombudsmen often sit on advisory boards for base services. For the benefit of both single and married sailors, ombudsmen may ask Navy Exchange and commissary officials to stock certain clothing items or ethnic dishes in their facilities.

Spouses seeking civilian employment often start by asking their area ombudsman for job referral information. Ombudsmen can assist personnel in contacting a handyman, furniture movers or those in other crafts and services.

"Ombudsmen have helped me do things I've never had to do before," said Chief Boatswain's Mate (SW) Tim Branam, "like look for a babysitter."

Branam, attached to Commander, Cruiser Destroyer Group 12 at Mayport, Fla., is a single parent of three years with custody of two children, ages six and eight. "Without ombudsmen," he said, "a lot of people don't get good information. I think that any-

body who's come in contact with them realizes they're important."

Ombudsmen work with Family Service Centers that routinely conduct pre- and post-deployment seminars for all sailors and their partners.

"We explain to the children where daddy works and what daddy does," said Mindy Scott, one of two ombudsmen assigned to USS *Saratoga* (CV 60), homeported at Mayport. "And the wives want to know about schedules."

Ombudsmen need command support to communicate with sailors and their families. For example, since *Sara-*



Photo by PH2 Bob Goodwin

Spouse at Naval Station Mayport, Fla., waits for husband's ship to return from deployment in the Mediterranean.

toga has nearly 4,000 sailors on board, it is virtually impossible for two ombudsmen to speak to the entire crew at once.

"Our command encourages the sailors to make their wives aware of all facets of Navy life," Scott said, "like CHAMPUS, Red Cross or how to contact an ombudsman."

"Before I went on deployment for six months, I started making preparations," said Legalman 1st Class Kathleen D. Mount, a single parent of two children, assigned to USS *Yosemite* (AD 19). "I left the ombudsman's phone number with my parents, so if

something came up, they'd know how to get in touch with me."

According to Mount, some sailors who seek answers through the ship's legal office could have had the problem solved by the area ombudsman.

"We print the duty ombudsman's name and phone number in our Plan of the Day," she said, "and even though it's a regulation for sailors to read it, not enough young sailors do."

To boost family morale during deployments, ombudsmen, along with the Family Service Centers, produce family-gram videotapes that are mailed directly to the ships. Sailors can see their spouses and children on tape and in return, the sailors send videos of themselves back to the states.

Families can also listen to taped phone messages, updated daily on the ship's information line, telling of the day's events aboard certain ships. Occasionally, it's the CO who shares his thoughts and offers encouragement to the families.

The ombudsmen newsletters, which highlight events within the command, are mailed to families. A single sailor can request that parents, a fiancé or "significant other" be placed on the mailing list.

"Our CO is very positive about the ombudsman program," said Scott. "We have good communication with him."

In special cases, where sailors live with or support someone not entitled to base access, the area ombudsman can provide information on off-base health and financial resources.

Ombudsmen receive training through their local Family Service Centers. The training outlined in OpNav Instruction 1750.1B includes a basic course on the family, assistance and referral, sending message traffic to deployed units, recordkeeping, understanding alcohol and drug abuse, legal and medical assistance and survivor benefits.

Also covered are stress management, newsletter writing, identifying

Letters from home can be pleasant, thanks to the assistance offered by the ship's ombudsman.

child or spouse abuse, crisis intervention and information about the Navy and Marine Corps Relief Society.

"We really condense these courses," said Warren Reynolds, referring to the training given at Hampton Roads, Va., Family Service Center. "We don't want ombudsmen to be experts — we just want them to know where to make the phone calls to get the information they can use."

"People who are not happy at home or are worried about their problems, are not performing properly," said Denise Wells, an ombudsman in the Washington, D.C., area. "When a wife calls me on the phone, I don't see what's on her husband's shoulder — I don't *care* what's on her husband's shoulder. I'm there for the E-1 up to the captain and their families if they need help."

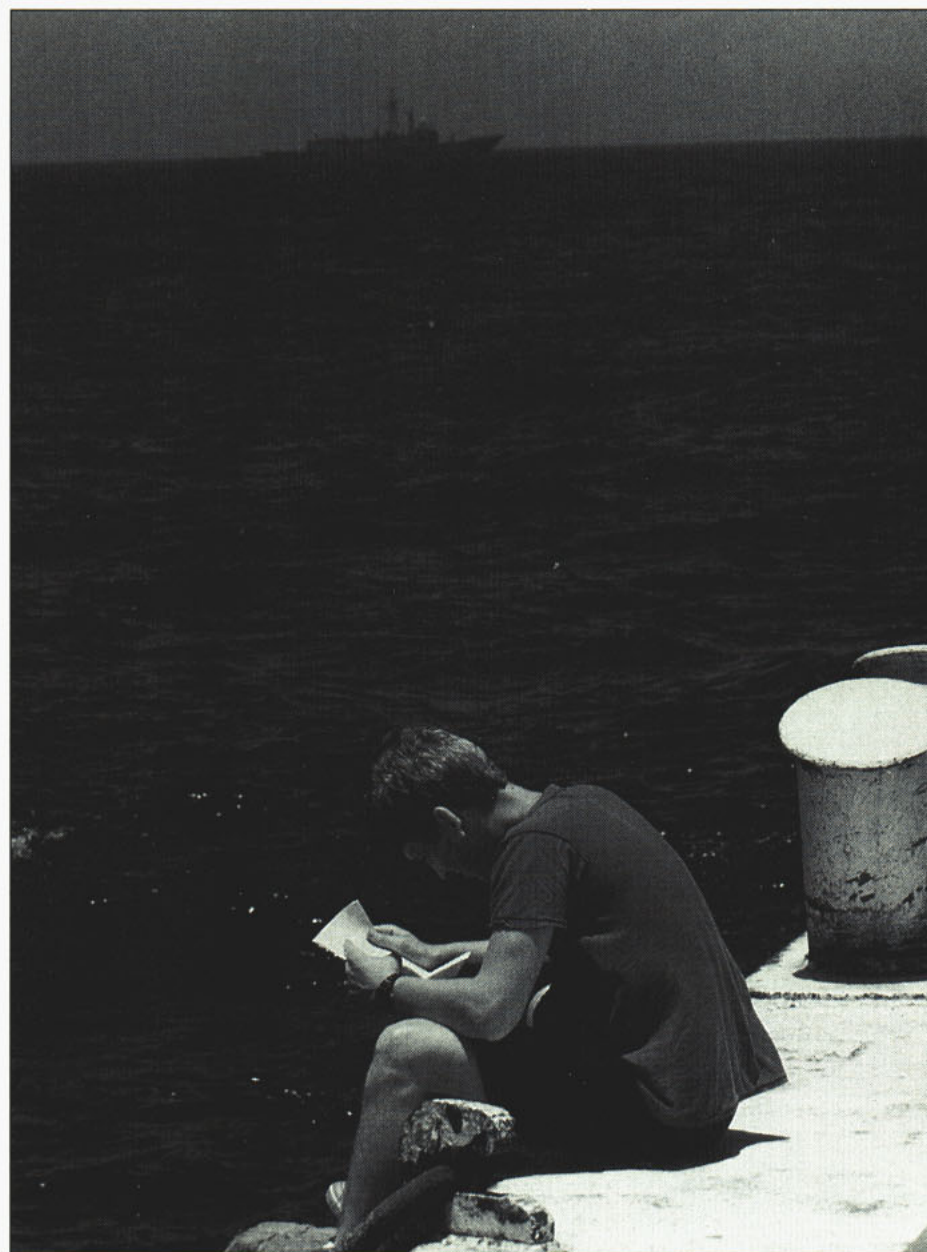
Sailors, both officer and enlisted, who harbor misconceptions about the role of ombudsmen may reject help offered by an ombudsman who is also a shipmate's spouse. On one occasion, Wells had been told by a sailor to "mind her own business!"

Wells isn't the only ombudsman in the fleet who's come up against occasional opposition.

"When I first took over as ombudsman, I sent out letters of introduction about myself," said Kathy Pietri, ombudsman for Naval Base Mayport, Fla. "A couple of people responded in a negative way."

Another ombudsman, Patricia Kaczynski, faces a totally different type of challenge at Naval Air Station Lemoore, Calif. Her husband is Master Chief Aviation Ordnanceman Edwin Kaczynski — the command master chief on board the station. Because of this, some sailors are reluctant to share their personal problems with her.

"I tell them that I'm just like any other spouse — that I'm here to take



care of their family," she said. "I don't go home and tell my husband everything."

Without disclosing the names of her clients, Kaczynski sometimes asks her husband for some general advice — and in return, he often refers sailors to the ombudsman. They agree to maintain confidentiality.

"I tell them not to be scared of me," she said. "I get a lot of phone calls from wives who say, 'I don't know if I should call you — you're the command master chief's wife and I don't want to get my husband in trouble!'"

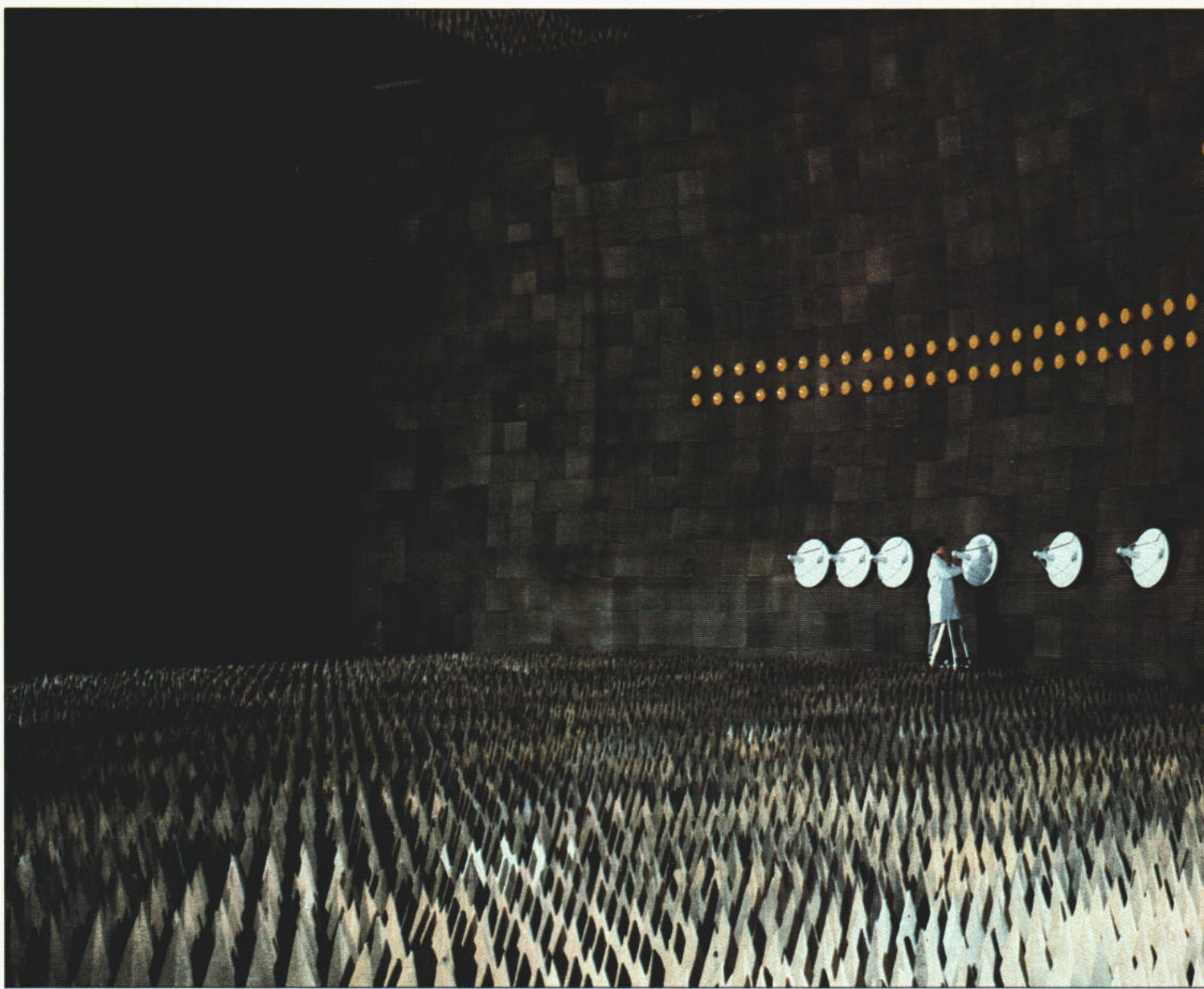
According to AFCM Pound, NAS Norfolk's Command Master Chief, some sailors still feel that the program

is a "gossip-type of thing" — or that ombudsmen "are going to sell cosmetics at their door."

"When we educate sailors about what they gain from this," Pound said, "I think they will overcome their fears. I feel that all commands — especially sea duty commands — better not put an ombudsmen program on the back burner."

Many ombudsmen also say that volunteering has made their lives much more satisfying. Said one ombudsman, "It's hard to put a price tag on what we do." □

Price is a writer assigned to All Hands.



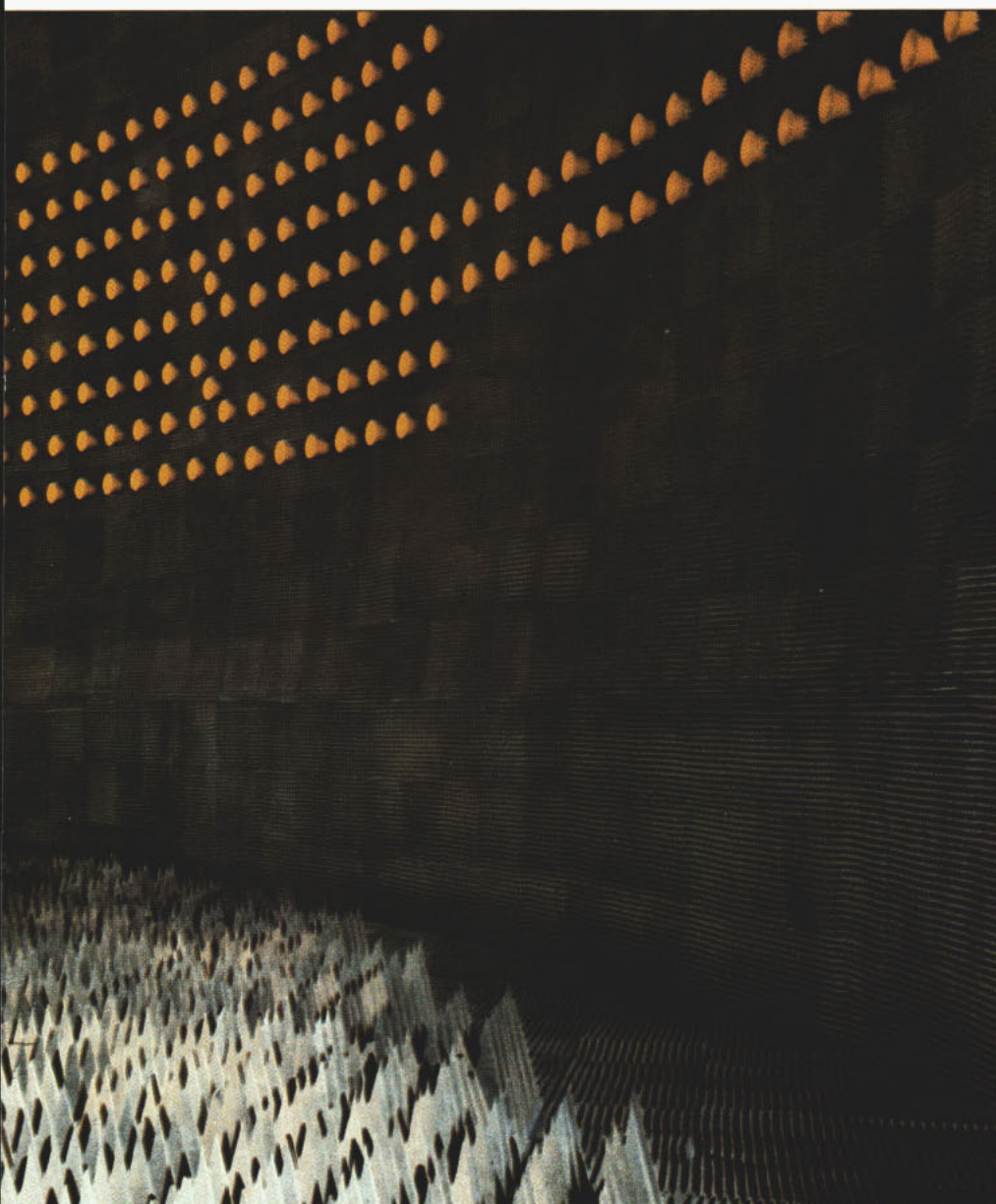
Naval Research Laboratory

Story by JO1 Lee Bosco

Photos by
Michael Savell and Dan Boyd

The Navy owes a lot to Thomas Edison. In fact, because of remarks made to a war correspondent, the country may owe its freedom to the man who invented the light bulb.

The year was 1915 and America was warily watching events in Europe that would soon evolve into the great European war, World War I. When questioned by a newspaper reporter on his views about the growing conflict, Edison cautioned, "The country should look to *science*." He believed that, in the event of American involvement, "the government should main-



Left: An NRL scientist makes final adjustments to the central target simulator's antenna array. Above: Fred Horner prepares a missile system for testing inside the chamber.

tain a great research laboratory.... In this could be developed all the techniques of military and naval progression without any vast expense."

Then-Secretary of the Navy Josephus Daniels read the comments and took Edison at his word. The gifted scientist was called upon to serve as the head of a new body of civilian experts called the Naval Consulting Board to advise the Navy on science and technology. The most important recommendation made by the board was to call for the creation of a modern research facility for the Navy. The Naval Research Laboratory, the first modern naval research institution, began operations in 1923.

Even Edison, a man of expansive

vision, might be astonished at the advancements made at the facility in the 75 years since his remarks to the newspaperman.

Today at NRL, still nestled on the east bank of the Potomac 10 minutes from the U.S. Capitol in Washington, D.C., some of this country's most brilliant minds work at solving problems that may not even exist ... yet.

"The mission of all Navy research, whether it is done by scientists at NRL or in a university lab in the middle of the country funded by the Office of the Chief of Naval Research, is to solve tomorrow's problems today," said Dr. Tom Kinder, program manager of the Oceanography Coastal Sciences Program at OCNR.

Of course, military technology is at the forefront of Navy research. Alan DiMatessa, program manager at NRL's Central Target Simulation Facility, does research that directly relates to the Navy's electronic warfare capabilities.

"This facility is designed, among other things, to duplicate a missile attack on a carrier battle group," he said. "We have to create a tactical engagement scenario that realistically portrays live engagement in order to test and improve our electronic warfare methods."

In his facility the walls and floor are covered with carbon-based foam pyramids. Set on one wall in the large room is an array of antennas. Set into the

Research

opposite wall is the nose cone of a missile. It is here that DiMatessa and other NRL researchers conduct electronic warfare experiments that improve the fleet's ability to deter missile attacks and gain an advantage over would-be aggressors at sea. "I know the facility looks strange, but it has to have those pyramids to eliminate unwanted reflections from the missile seeker and antenna array emissions," DiMatessa explained. "The cones absorb reflected energy to create a free space environment needed to duplicate conditions ships encounter at sea.

"We have a missile simulator in there with EW equipment and computers for simulating the engagement," he said. "We can test the effects of electronic countermeasures on the kinds of missiles our military uses and those used by other nations."

Workers at NRL take a project as far as they can before running actual field tests in the fleet.

"It's one thing to do these experiments in the laboratory; however, our findings also have to be confirmed by actual tests in the fleet," DiMatessa said. "Still, if we can duplicate the engagement scenario here, it saves time and money to do as much as possible in the lab before the field tests."

His program has been one of NRL's busiest over the past decade. "Missiles and other weapons systems have grown more and more complex," he said. "They are smarter and can do more damage today than ever before. We have to keep researching and developing EW technology to stay ahead."

The Naval Research Lab, under the direction of OCNR, conducts research that will not only benefit Navy men and women, but may have an impact on the civilian population, as well.

One such endeavor is the Red Cell Surrogate Project. Scientists at NRL have created a substitute for human red blood cells. This "artificial blood" can be freeze-dried and stored aboard

ship without refrigeration.

"The concept is simple. To prepare the material for transfusion, simply add sterile water and check the temperature," said Dr. Francis Ligler, head of the Liposome-Encapsulated Hemoglobin Project. "The surrogate is blood-type free, so people with any blood type can accept it.

"The material has no other properties of real blood other than its ability to carry oxygen," she continued. "For

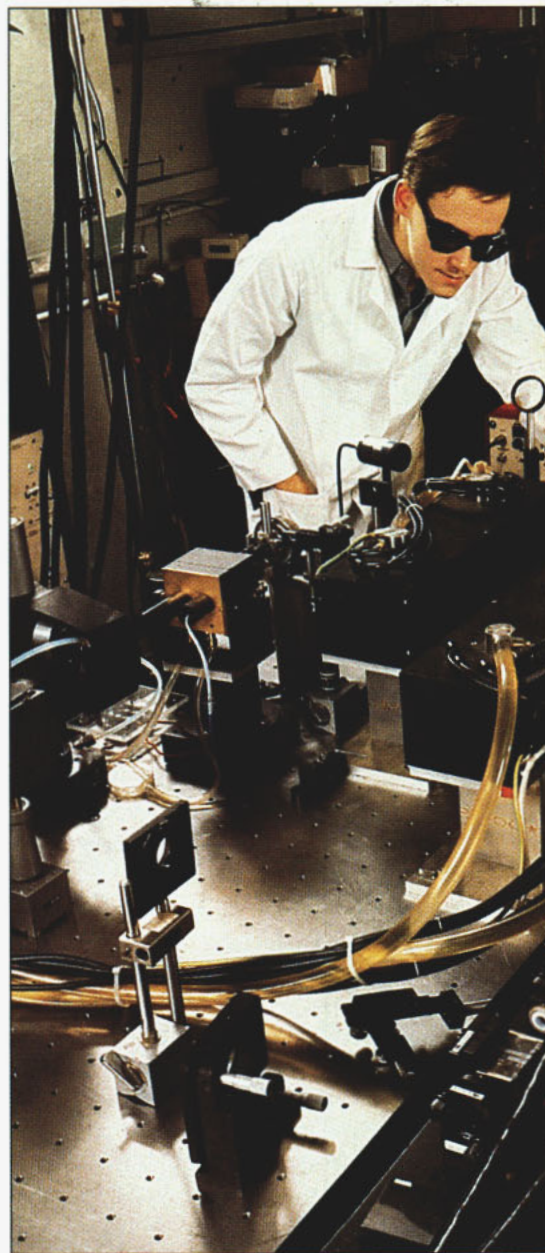
instance, it carries no antibodies to fight infection. Other medications could be combined with our 'blood' to prevent infections."

Scientists have been working on the surrogate project for more than 10 years. "This project has a lot of people excited even though we may still be 10 years from seeing it used on people," said Ligler.

The delay is caused by the rigorous testing that any pharmaceutical prod-



Above: Tom Kendrick measures antenna patterns and the millimeter wave radiation field. **Right:** Richard Griffin (background) and David Voss study the dynamics of shock waves using a special laser.



uct must pass, including those developed by the Navy.

"This material falls under the Federal Drug Administration's guidelines," she said. "It has to be safe. We must be certain that it does what it is supposed to do without causing any long-term or damaging side effects."

Another great benefit of this material is it may be one method of preventing the transmission of AIDS. "The blood supply in the United States is

relatively clean. Not many people contract AIDS from blood transfusions in this country," Ligler said. "But that is not true in many other countries around the world. Americans stationed in some countries are still at risk. This product, used on a worldwide basis, can help eliminate infection from hepatitis and AIDS caused by 'tainted' blood."

The blood surrogate project is representative of many of NRL and ONR's research programs that benefit both military and civilian communities. For example, the Office of the Chief of Naval Research has funded studies on underwater farming. Imagine miles of crops growing from the ocean floor — ships rendezvousing above the deep-sea farms, and fresh vegetables, floated to the surface in large containers, could then be retrieved by crewmen. Submarines might even be able to dock at these underwater facilities for subsurface grown produce. This may sound farfetched, but naval researchers work to bring these kinds of ideas to reality.

Before the 1920s, the detection of a moving ship by radio waves and in-flight, cross-country radio transmissions seemed farfetched. But the idea

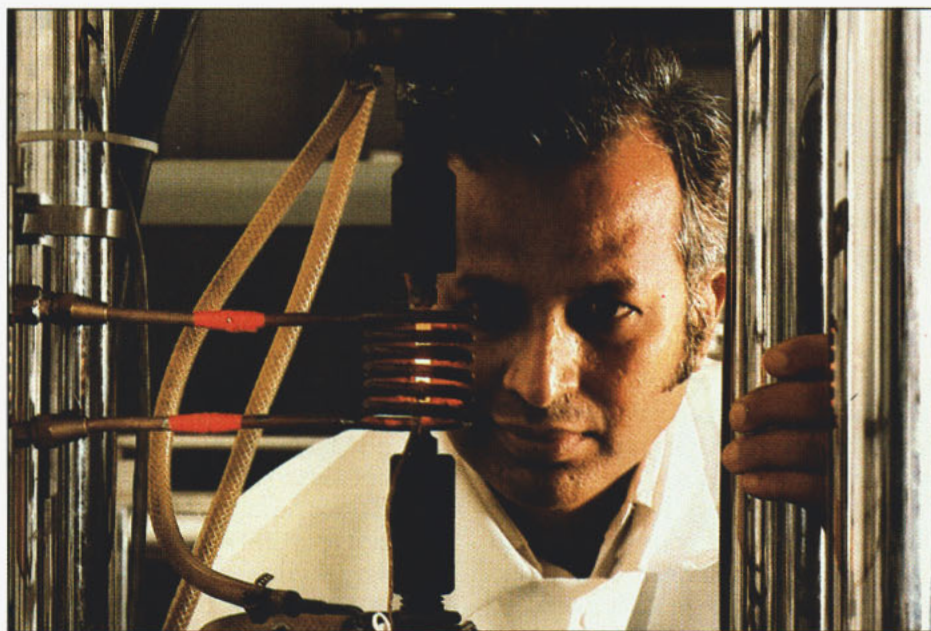
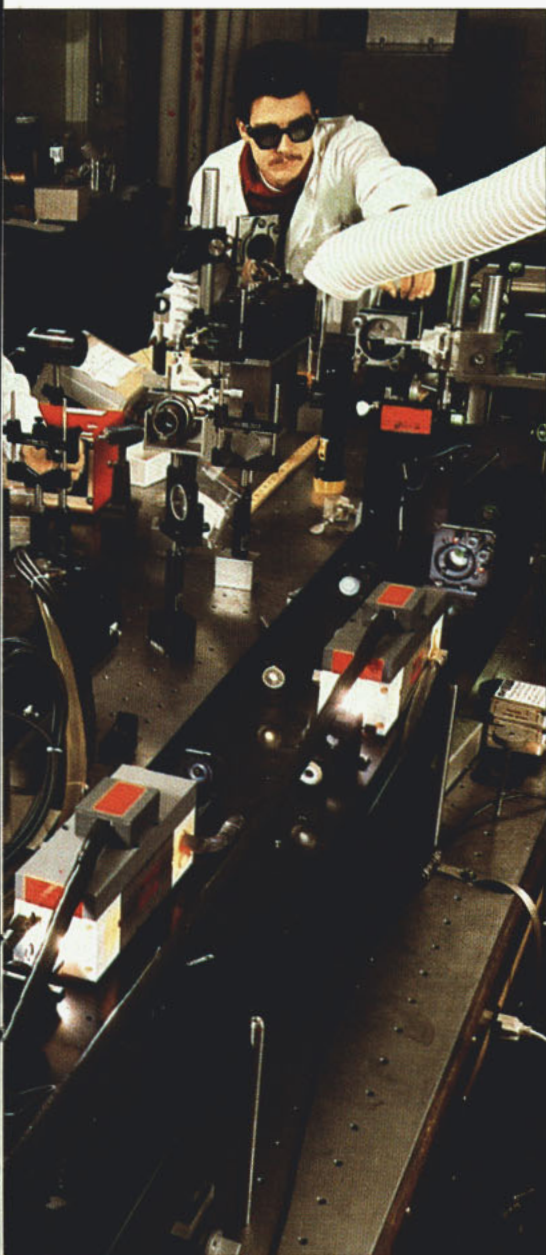
for Navy radar was conceived by Navy researchers in 1922, with NRL responsible for the installation of the first operational radar aboard a Navy ship in 1939. And in 1928, the first cross-country radio transmission from an aircraft was achieved.

World War II, the lab's most productive period, forced scientists to work even harder than in peacetime. Of the thousands of discoveries to come out of the lab from that era, many are still in use today. In 1944 the first radio-controlled bomb was developed for use in the war. Protein foam to put out fires was another wartime advancement pioneered by NRL.

Research conducted at NRL was even used for the Manhattan Project that gave the United States the atomic bomb, the tool that brought World War II in the Pacific to a quick end.

A shipboard radio homing system for carrier-based aircraft became a reality in 1946, a year that also saw the development of helicopter sonar for

A special press tests materials used in Navy jets and advanced propulsion systems by producing temperatures up to about 3,600 degrees Fahrenheit and 30,000 psi.





anti-submarine warfare. And in the late 1950s, the lab invented the chemical fire extinguisher Purple-K Powder and put into operation the world's first satellite communications system.

Medical research has also benefited from NRL efforts. The Fetal Heart-beat Detector, routinely used to monitor unborn babies' heart-rates in delivery rooms around the world, is an NRL invention.

Part of the mission of the researchers at the laboratory throughout its history has been to keep the United States a leading force in the field of scientific research. As new fields of studies were born, the lab invariably had people seeking to explore them. A case in point is space research.

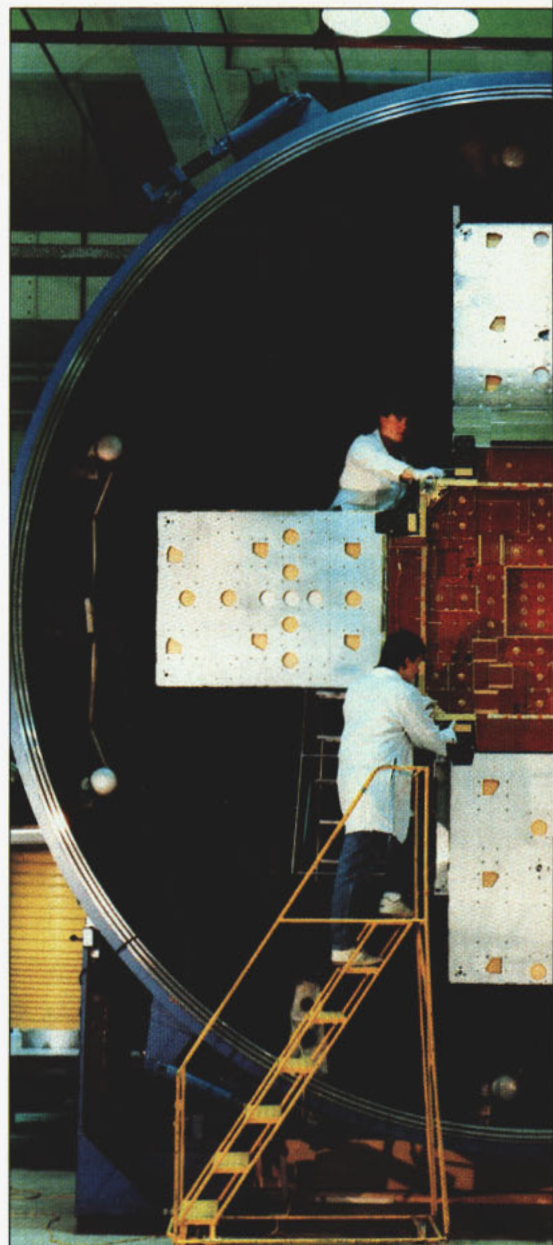
By the time Einstein's theory of relativity was confirmed by the atomic clock aboard NRL's Navigation Technology 2 Satellite in 1977, NRL researchers had been concentrating their efforts on outer space for more than 30 years.

Research in space technology has also improved the Navy's ability to predict adverse weather conditions. This ability is of extreme importance

Above: The "melt spinning process" creates metal alloys used to make a powerful new class of magnets used in Navy computers, aircraft and submarines. Right: The Low-power Atmosphere Compensation Experiment satellite was developed by NRL as one of two major Strategic Defense Initiative experiments.

to a military force that is constantly patrolling the world's oceans and would have even greater importance in a time of conflict.

Technology funded by OCNR has already been used in the space shuttle program. And NRL space-related research led to breakthroughs in the field of superconductivity, in which electrical current can flow in certain metals, alloys and compounds at below room temperature without any loss of energy. Superconductivity has contributed to impressive advances in electrical power generation and distribution, high-speed mass transportation and in medicine. It is also one of the crucial technologies in the development of magnetic resonance imaging systems. These newly developed systems give doctors a clearer picture of the work-

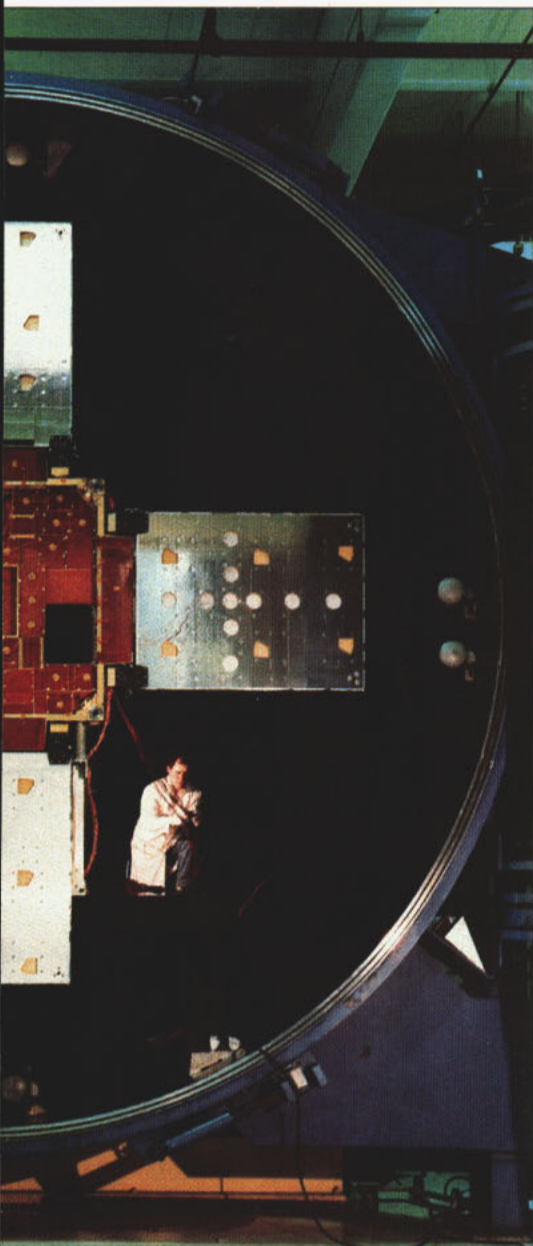


ings of the human body than can be obtained by conventional X-rays.

The list of naval research projects is lengthy and many are classified. Thousands of scientists are engaged in research projects that will affect our children's and grandchildren's lives.

"The Office of the Chief of Naval Research takes a long-term perspective," said Dr. Fred Saaffeld, Director, ONR. "Look at the film 'The Final Countdown', where a supercarrier went back in time to the 1940s. While the premise of the film is unbelievable, it does show the differences in technology that occurred in just 50 years.

"We are thinking about the tools the Navy will use in the years 2030 to



2050," he said. "The differences between what's in use today compared to what they'll use in the future will be just as pronounced as they were in that film."

To put that amount of time in perspective, Saaffeld said, "We are working to give the best technology to the admirals of the fleet of the future. Some of those men and women aren't even in high school today."

ONR provides funding to scientists at universities and to industry and government laboratories across the country.

"We are looking for the next Leonardo [Da Vinci]," Saaffeld said. ONR's search for future visionary in-



Above: A P-3 aircraft runs a field test over the Chesapeake Bay. **Right:** Freeze-drying a sample of the LEH blood surrogate.

ventors, like Da Vinci who foresaw the helicopter, has been hampered by changing attitudes among students. "Finding those people has become more difficult because of the decreasing number of Americans getting interested in science."

The relationship between ONR and its scientists in labs and universities is based on the common goal of making each sailor's stay at sea more enjoyable and safe, while providing him with the most advanced equipment to perform their mission and make that stay successful.

"I'm sure that sailors of the 21st century will be surprised by the technology they get to work with," Saaffeld said. "But we don't want those same sailors surprised by their adversaries' tools and capabilities."

During the past 50 years, Thomas Edison's concept of a place where government scientists could explore the boundaries of technology for the good of the country has become a reality. Who knows what concepts the modern-day Edisons at the Naval Research Lab will turn into reality in the next 50 years? □

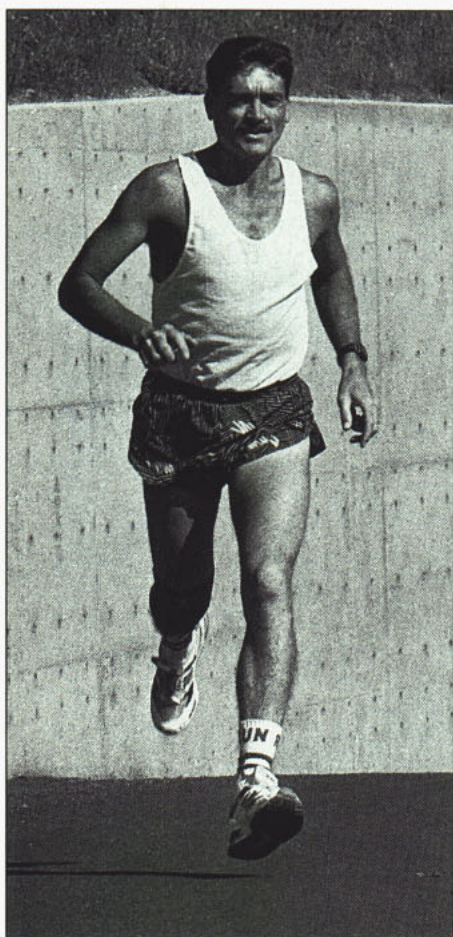
Bosco is assistant editor of All Hands. Savell and Boyd are photographers at the Naval Research Laboratory.



Marathon man

Smoking vs. running: trade one habit for another.

Story and photos by PHC Chet King



Light on his feet, YNCM Woody runs 10 miles a day. He has run five marathons since he gave up smoking four years ago. Woody is the Personnel/Administrative Officer for Submarine Squadron 3 at Submarine Base San Diego.

Running away from a problem is normally not the best solution in dealing with that problem. But Master Chief Yeoman (SS) Don Woody started running for his life after he gave up smoking four years ago.

"I was a two-pack-a-day smoker when I quit cold turkey and started running," said Woody.

"I really credit my wife Joanne for getting me out there running," he said. "She was after me for a long time to quit smoking. I had heard running was a good way to kick a nicotine habit. It was difficult at first, but my wife was very supportive."

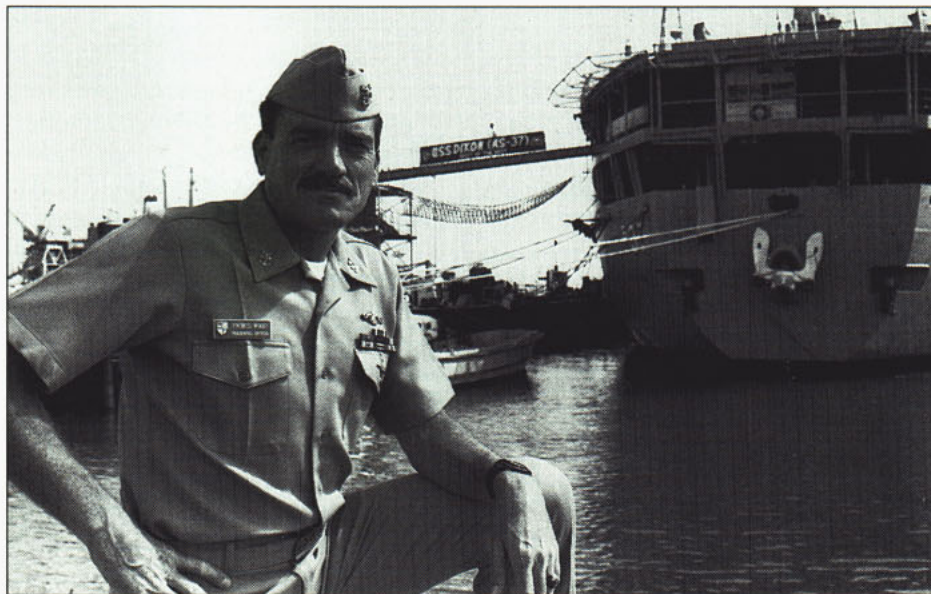
Woody, the Personnel and Administrative Officer for Submarine Squadron 3 in San Diego, has run in more

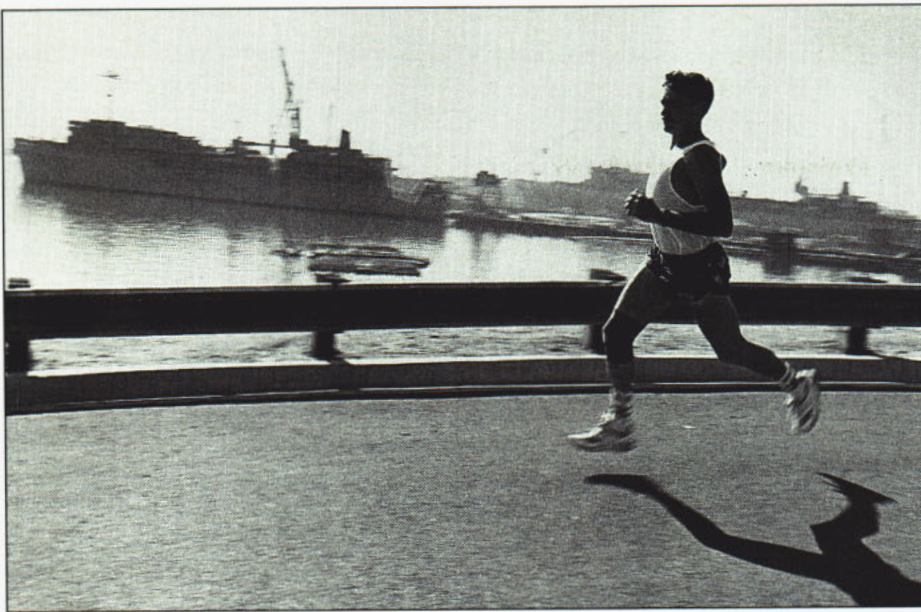
than 90 races and has logged more than 6,000 miles. He is currently a member of the Fleet Feet Running Club at Subase San Diego.

"I run at least 10 miles a day, four to six days a week — rain or shine," said the 19-year Navy veteran. "A pair of shoes lasts me anywhere from 300 to 500 miles, depending on how hard and how often I pound the pavement."

Since November 1986, Woody has run in five marathons, including this year's 94th Boston Marathon.

"My first marathon was the Marine Corps Marathon in Washington, D.C.," he said. "I qualified for Boston by running a time of three hours, eleven minutes in the San Diego Marathon last December."





Woody has logged more than 6,000 miles since he took up running. Before every run, he does stretching exercises to warm up.

"Running in Boston was a tremendous experience. It was 26 miles of cheering spectators. In some places the crowd noise was so loud I couldn't hear my feet hitting the pavement," Woody said. "I was in the pack of 10,000 starters about a mile from the starting line. It took me 40 minutes to run the first five miles. My official time was 3:13:18, though my start to finish line time was 3:10:05."

"The experts say that the human body wasn't built to run over 20 miles. That's why a 26-mile marathon is a real test of endurance," he said.

He watches his diet closely.

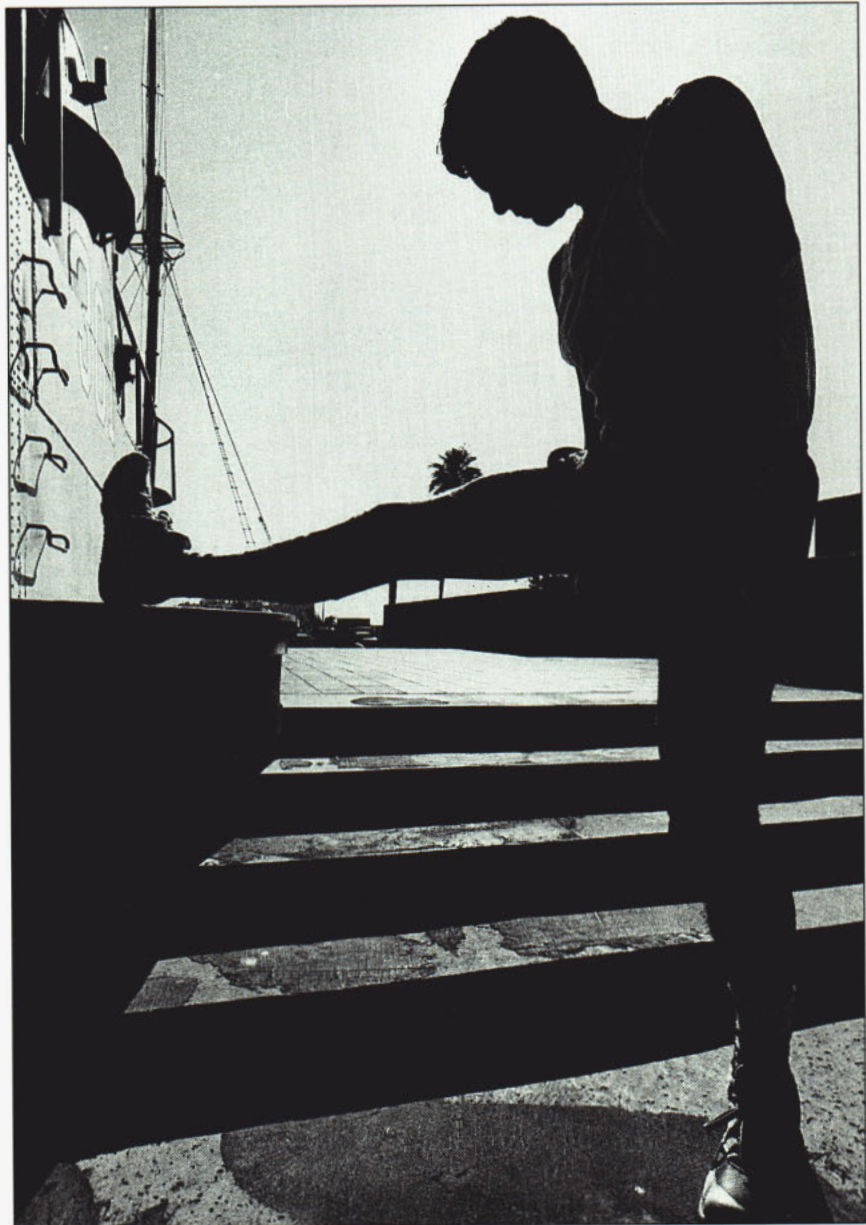
"I take in a lot of carbohydrates from fresh fruit and vegetables," he said. "I'll eat lean beef once a week and I stay away from fast food."

Woody's enthusiasm for running and fitness has rubbed off on some of his fellow chief petty officers.

"Five of us recently ran a marathon relay, the San Diego Ekiden Race," he said. "We finished in a respectable time of three hours, 25 minutes."

"Every time I run," said Woody, "I set a new personal record. My next goal is to run 10 kilometers in 37 minutes on my 40th birthday in January. After that, I hope to run a marathon under three hours. The way I feel now, I could run forever." □

King is assigned to Fleet Imaging Command Pacific, NAS North Island, Calif.



Surprise inspection

Shenandoah crew "turns to" for propulsion exam.

Story by JO3 Janet Garrett, photos by PH3 Carol Lewis

It was a surprise when the crew of USS *Shenandoah* (AD 44) received word of a short-notice Operational Propulsion Plant Examination while enroute from Boston to Norfolk. All hands "turned to" to ready the ship for inspection.

The Commander in Chief, Atlantic Fleet, Operational Propulsion Board, led by CAPT Dick Branum, arrived by helo while *Shenandoah* was anchored in Chesapeake Bay. The board members immediately briefed the crew on the examination requirements and *Shenandoah* crew members in turn briefed the Board on the status of all their equipment.

"Only 25 percent of Navy ships get short-notice OPPEs," said CAPT Pat Shepherd, *Shenandoah's* commanding officer. "This is an especially tough exam for tenders due to our lack of at-sea time when we are not deployed. We have only had 11 at-sea days since returning from the Med in November. Our engineers have to train at night in port so we don't interrupt our tending of customer ships."

All repair ships are required to pass all fleet operational exams. "Our inability to get to sea just means these crews have to do it right the first time, every time," said Shepherd.

The board members, dressed in navy blue coveralls and yellow turtle-necks, dispersed throughout the ship with the responsible division officers, chiefs and leading petty officers to



examine the propulsion plant and all of the installed damage control and fire-fighting equipment. The board must give the ship a "cleared for unrestricted operations" prior to starting the operational phase of the examination.

"In a short-notice OPPE you get a maximum of 96 hours notice," said *Shenandoah's* Chief Engineer, LT Julia

Roos. "That's not a lot of time."

With rag and flashlight in hand, CAPT Branum accompanied CAPT Shepherd on a tour of all the spaces. The senior examiner stopped frequently to ask questions, make suggestions and explain procedures to the men and women in the spaces.

While the senior officers made their



Left: *Shenandoah* crewmen get ready for short-notice OPPE evaluation. Above: Hoseman DC3 John Lucas prepares to enter a main-space fire. Inspections and exams help keep Navy ships and sailors operationally ready.



rounds, other members of the team inspected their assigned spaces. LCDR Dave Bell and LT Dick Clemmons carefully went through the engine-room. LCDR Dave Morel and LT Dave Wagon scrutinized the fireroom. LT Bill Swett launched an exhaustive review of the ship's training records to determine the crew's qualifications.

The Propulsion Board's main objective is to ensure that the ship's equipment is maintained in a safe operating condition and that the crew is sufficiently trained to handle both routine and casualty control operating procedures.

"We are here for more than just an inspection. A lot can be learned. We are much more operationally oriented than materially oriented," said Branum. "Our main purpose is to further the engineering readiness of the fleet."

The foundation of any solid engi-

neering organization is built upon its administrative and training programs.

The inspection team put *Shenandoah's* engineers through their paces as they examined the lube oil program, the fuel oil program, boiler water chemistry and the evaporator logs. Personnel safety and health programs take high priority, especially the heat stress and hearing programs. *Shenandoah's* Hospital Corpsman 1st Class (SW) Robert Wickboldt Jr., the winner of the Preventive Medicine Technician of the Year award, maintained and managed these programs in excellent condition.

With the passing nod from the board, it was time for *Shenandoah's* crew to swing into action, and action it was.

"We have a saying in engineering," said LT Roos, "We're pullin'." We were certainly pullin' during OPPE!"

Pulling their share of work was the

Inspectors (l-r) LT Dick Clemmons, LCDR Dave Bell and DCTT's senior observer, DCCS(SW) Robert Flick, take a thorough look at the oxygen breathing apparatus from Repair Locker 5.

Engineering Casualty Control Training Team and the Damage Control Training Team. Their job is to construct the training scenarios, implement drills, act as safety observers, critique drills and correct any errors during a drill.

When the inspection team is on board, the two training teams get a critical review. The board must certify them as capable to conduct training across a broad spectrum on a continuous basis, which ensures the crew's competence.

Senior Chief Damage Control Technician (SW) Robert Flick, DCTT's senior member, explained, "Before a drill begins, the team discusses how

Surprise inspection

Fireroom team conducts loss of control casualty drill during OPPE evaluation.

the drill will be run, who will be stationed at key locations and safety factors that may arise."

Flick reiterates what is expected of the repair lockers and firefighters. "After the drill we go back and explain the strong and weak points of the exercise and take the necessary corrective action with the crew."

During the examination, the inspectors directed that a lube oil leak in the engineroom would flash into a difficult "Class Bravo" fire. The ship's Damage Control Team and the crew raced to general quarters as the engineroom crew evacuated the space.

The board ensured the ship's Halon system failed to put out the engineering space fire. This meant that the crew had to enter the space and fight the fire.

"This was one of the best fire drills we have had," said Hull Technician 2nd Class (SW) Michael Barfield. "The fire party responded quickly and knew what they were doing. The training we have had in the past paid off. Only a few minor discrepancies were noted."

"As long as the ship's training teams notice the discrepancies and point them out to the crew, then we are showing the inspectors our ability to train," said Flick. "We always critique a drill and give constructive criticism. We have also found that consistency in training is a big help."

The board agrees with the senior chief about training.

"We put quite a bit of emphasis on the command's ability to train its people," said Branum. "It is up to each department to bring an 'unsat' condition through the chain of command. It is important that the crew knows how to report material deficiencies through the chain of command."

As the exam wore on, each watch team in the engineroom and fireroom



was asked to perform routine watch evolutions, such as shifting pumps and handling imposed casualties.

The OPPE concluded with written and oral exams for all three engineering watch sections. Meanwhile, others were busy bringing the plant to a maximum steaming condition, resulting in a successful full-power run.

Attending his third OPPE was Engineering Officer of the Watch, Machinist's Mate 2nd Class John Parker.

"There were various questions on programs, such as main space fire doctrine, restricted maneuvering doctrine and cross-rate knowledge in the boiler technician, electrician's mate and machinist's mate fields," said Parker. "I think all three sections did very well."

Shenandoah received an above average score in materials and administration and an overall average for the examination.

"Obviously I'm very pleased with the crew's performance," said CAPT Shepherd. "I would prefer all examinations to be no-notice or short-notice. I get professional inspectors in here to

let me know if there are any problems we have not seen.

"The bottom line here is readiness. The ship, the crew and all the systems have got to be safe and ready to go whenever I need them, not just when an inspection team is aboard.

"If you maintain standards, everyone benefits, especially the young sailors who learn early how to do it right the first time," Shepherd said. "I hope my junior people are more worried about their leading petty officers watching them than the Propulsion Board."

The morning after *Shenandoah* steamed back to Norfolk, a message was received:

"The results of your short-notice OPPE are noted with professional pride. This performance is indicative of a well-trained and motivated crew. Please extend my heartiest congratulations to your crew." — VADM Joseph S. Donnell III, Commander Naval Surface Force Atlantic Fleet. □

Garrett and Lewis are assigned to USS Shenandoah (AD 44).

POW Museum

Exhibit teaches recruits about past sacrifices.

Story by JO1 Lee Bosco, photos by Sharon Norrod

Each year at this time, television, magazines and newspapers rediscover the POW/MIA issue and pay special attention to the sacrifices made by some American service members in defense of our way of life. Sept. 21 is the day set aside to pay respect to those men and women captured and missing in war.

Soon after that day, the media casts the spotlight on other issues and the memories of those sacrifices are put away until next September.

One Navyman has gone to great pains to try to change that attitude. Chief Warrant Officer 2 Mike Clark is the curator of Recruit Training Com-

mand's POW/MIA museum, in San Diego. The collection, the largest of its kind in the United States, has hosted more than 300,000 visitors since opening four years ago.

"Originally, the idea was for the museum to be an educational tool to teach new recruits about the code of conduct," Clark said, "but it has reached a large civilian audience. More than 55,000 families visit each year to learn about POW experiences from World War II, Korea and Vietnam."

Four years ago, however, the museum was nothing more than a notion.

In 1986, Clark was working at recruit affairs, Recruit Training Com-

mand, San Diego.

At the time he was reading a book about Vietnam-era POWs. Clark left the book on his desk where a curious recruit began reading it.

When Clark came upon the young man reading the book he was confronted with a shocking statement. "I didn't know we had prisoners of war in Vietnam!" the recruit said.

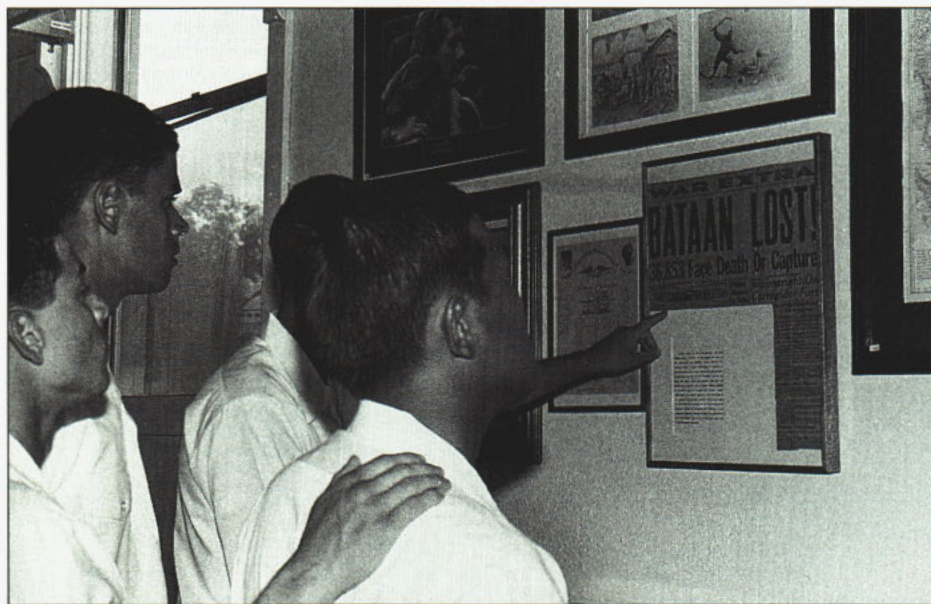
Clark remembers the surprise he felt about the recruit's ignorance of recent military history. "I thought if these kids, who've joined the military, don't know about what went on, our schools are doing a poor job of teaching them.

"It shocked me," said Clark. "With all the films and recent exposure to the Vietnam experience, you would think that most young people know at least a little bit about Vietnam. You couldn't be more wrong."

This led Clark to conduct a diagnostic survey of 1,000 recruits. "The kids confirmed my suspicions — they knew nothing about the war," he said.

From that point, "things kind of took off on their own," he said. "When we decided to provide a place for artifacts gathered by families of the missing [in action] and prisoners, the response was overwhelming."

Recruits examine a World War II newspaper article at the POW Museum at RTC San Diego.



POW Museum

Clark contacted concerned groups and individual family members in the hope that they could provide items for exhibit, but it wasn't until he contacted one of America's most famous prisoners of war that the project gained credibility.

ADM James Stockdale donated photographs of himself as a prisoner as well as the actual San Diego Union newspaper article, from 1966, listing him as a prisoner of war. Clark also gives credit to Stockdale's wife Sybil with a large part of the museum's success.

"When we were trying to get this thing started and I would run into problems, Mrs. Stockdale was never too busy to make phone calls and smooth things out," Clark said. "Her 'golden advice' was invaluable to the project, and just the fact that the Stockdales were involved gave the museum added credibility and opened lots of doors for us."

Although mementos from the three wars of the past 45 years are on display, what may be the most unique story told at the museum belongs to a Vietnam-era prisoner, Doug Hegdal. He is the only Navy enlisted man to be held prisoner by the Viet Cong.

As an 18-year-old seamen apprentice, Hegdal was swept over the side of his ship, USS *Canberra* (CAG 2). He spent five hours adrift in the waters of the Gulf of Tonkin without any flotation device.

"Believe me, I was grateful to the fishermen who plucked me out of the water," Hegdal said. "But they promptly turned me over to the militia and things got worse from there."

A stay in the infamous "Hanoi Hilton" prison was difficult for seasoned veterans to handle. But to Hegdal, with only five months in the Navy and five weeks aboard his ship, the prospect was inconceivable. "The only thing I

knew about being a prisoner was from a short slide show at boot camp on the code of conduct," he said.

He was a mystery to his captors, because he knew nothing. The Viet Cong, familiar with captured Navy pilots, never had a Navy enlisted man in their grasp.

"I'm sure, at the beginning, they went out of their way to make my torture more painful because they thought I was resisting," Hegdal said. "But the truth is, I didn't know anything to tell them."

During two years in captivity, Hegdal spent time in three notorious POW camps — Hanoi Hilton, the Zoo and the Plantation. He memorized the names of more than 260 fellow prisoners and upon his release provided the American military forces with those names, plus detailed information about the treatment of prisoners and locations of the camps.

"I remember the last message I received before being released," he said. "Tapped in code it read — 'Blow the whistle on the bastards. The squeaky wheel gets the grease.'"

"Doug was the first to donate his personal belongings to the museum,"

said curator Clark. "He gave us, among other things, his toothbrush and soap. But, it's been the advice and support he's donated that really make the museum a first-class memorial."

Clark suspects that a strong reason for Hegdal's involvement is the fact that, due to its location, each new recruit gets to see the museum. Hegdal, who has been an instructor at the Navy Survival, Evasion, Resistance and Escape School for 16 years, says that, because of Clark's efforts, "recruits know a heck of a lot more about the treatment of prisoners than I did when I reported to the fleet."

"Because he was so young when he was captured," said Clark, "I think he wants new recruits to be well-educated about what can happen to them before



Right: The faces of prisoners line the walls of the museum. Above right: Cigarettes, soap, spoon and matches from Vietnam POW camps.

they hit the fleet. Doug had to find out the hard way."

Other POW eras are well represented in the museum. World War II artifacts are displayed next to the communist-made uniform CDR Lloyd Bucher wore upon his release from North Korea. Bucher was Commanding Officer of USS *Pueblo* (AGER 2) captured off the coast of North Korea in 1968.

Focusing on the different POW experiences from the various wars and different locations, the museum illuminates the degrees of difficulty faced by American POWs.

"The Korean experience has been under-publicized," said Clark, "while,

Below: CWO2 Clark guides a family through the museum.

in many instances, the World War II era has been over-romanticized. And Vietnam-era POWs have been portrayed poorly in films and on television."

To prove his point, Clark compares films depicting World War II POWs to more recent movies portraying Vietnam POWs.

"Captured Americans in the European theater are always pictured as strong, resistant, tunnel diggers, brighter than their captors and lining up to escape," Clark said. "On the other hand, Hollywood's view of the Viet Cong's prisoners as submissive, helpless and cowering is just as fictional."

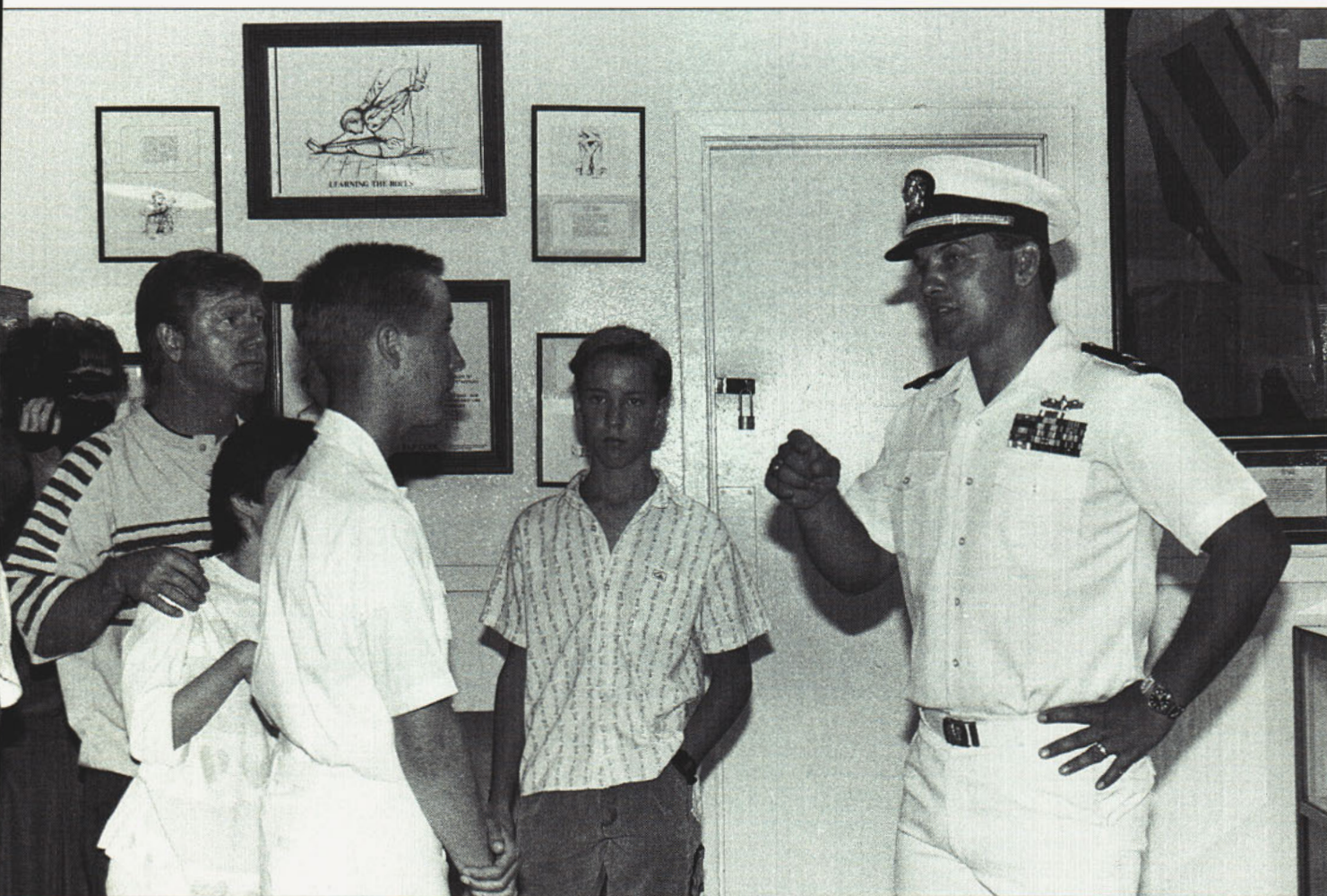
In reality, the POWs in Vietnam had to be as resourceful as those in Europe just to survive, according to

Clark. "Remember the odds for escape in Europe — where most servicemen could blend in, visually, with the civilian population — were far more favorable, but the Vietnam POWs never stopped plotting their escapes."

Clark wants the museum to be used as an educational tool — to give new generations the opportunity to learn about each other's trials and sacrifices.

"It would be wrong to let ourselves forget about these people," Clark said. "We should learn from their experiences, and hope that no more Americans are taken prisoner in any other times of trouble." □

Bosco is assistant editor of All Hands. Norrod is assigned to PAO, Naval Training Command, San Diego.



Operation New Life

Guam commemorates 15th anniversary of Vietnamese refugee evacuation.

Story by JO2 Kerry Boehm

At a recent anniversary ceremony commemorating the fall of Saigon and the subsequent evacuation of thousands of Vietnamese, emotions were evident in the faces of the people in the Vietnamese Association of Guam.

As they stood, heads bowed, for the anthems of the United States, Vietnam and the Guam Hymn, sadness and tears showed on everyone's faces.

Heiu Nguyen, president of the association, spoke for his fellow expatriates: "The communists could win the war, but they couldn't win the people."

It has been 15 years since Saigon, now Ho Chi Minh City, fell to the North Vietnamese. The U.S. military helped evacuate thousands of Vietnamese, almost all of whom passed through Guam as their first step toward a new life. The influx of refugees doubled the island's population almost overnight in an immense enterprise named *Operation New Life*.

Throughout the Vietnam War, Guam had been an important staging area. Ships were repaired, refueled and restocked there. Military personnel came for medical treatment, as well as rest and recreation. B-52s operating out of Andersen Air Force Base carried out conventional bombing, direct air support and interdiction missions. More than a dozen U.S. Navy ships made Guam their home port.

By April 1975, when the Viet Cong started to close in on Saigon, it became apparent to everyone involved that the fall of the city was certain. Messages



Photo by PH1 Clyde M. Dunn

and calls were anxiously passed back and forth between Washington, D.C., and the American Embassy in Saigon. Evacuation of U.S. personnel and Vietnamese employed by the U.S. government was of the highest priority.

At 3:15 p.m. on April 23, the first plane carrying 202 Vietnamese and Americans arrived at Andersen Air Force Base. Within 60 hours, almost 18,000 refugees had landed on Guam.

Aircraft were arriving on Guam at



Preceding page: Tent camp on Orote Point. Left: During the fall of Saigon, "Tent City" became home to thousands of Vietnamese refugees as they made their journey to a new life.

stayed near that peak for several weeks.

"When it became evident what had to be done, everybody worked. It seemed that no one got any sleep," he continued. "I remember one really important message that came to us from off-island. It said to respond before close of business. RADM Morrison's reply was, 'There is no close of business on Guam.'

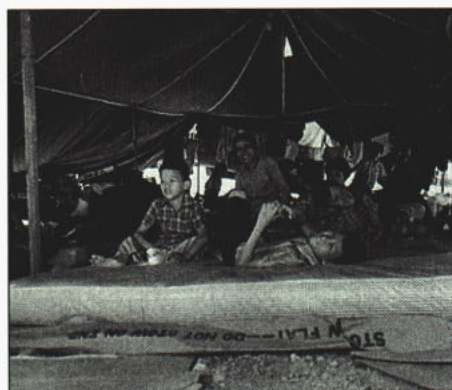
"What impressed me most," he said, "was how every member of the staff and the other commands on Guam rose to meet the challenge. Each and every one showed initiative, drive and good judgment."

More military personnel, other than the 9,000 already stationed on Guam, would be needed to prepare for and process the evacuees.

More than 65 commands throughout the Pacific sent people to help with the operation. On Guam, leave and vacations were terminated and all personnel were recalled to work. All but the most vital tasks were suspended, with everyone committing their time and skills to the operation.

Thirteen camps were eventually prepared on the island to house the refugees. Naval Station's Orote Point and the old Naval Hospital Annex compound located on Asan Point required the most work.

Seabees bulldozed 600 acres of tangled jungle growth and coral rock to make way for the construction of a tent camp on an abandoned airstrip on Orote Point. Crew members of USS *Hector* (AR 7) and USS *Proteus* (AS 19) helped Seabees put up some 350 tents per day. More than 20 miles of water pipes for drinking and showers were laid in addition to miles of electric and



Commander of U.S. Naval Forces Marianas, was responsible for the housing and feeding of this enormous number of people.

Morrison's staff looked at how a large influx of people would affect Guam in four areas: health, food, environmental impact and weather, or rather, contingency plans for the possibility of a tropical storm or typhoon.

In the early days, as they were inundated by refugees, the Navy and Air Force operated under crisis management. But in record time, Morrison had his staff planning and operating well-defined, pertinent areas: legal, public affairs, operations, administration and personnel, construction and logistics, finance, medical, food, shelter, morale, education, site location, site requirements and supply support.

"As things came up, we acted," said CAPT R.H. Wytenbach, now chief of staff for ComNavMar. At the time of *Operation New Life*, he worked as the special assistant for Guam civil matters at ComNavMar. "When we were first told about the refugees coming to Guam, we thought only 5,000 would be on-island at any one time. Instead, they backed up on Guam due to a delay in getting mainland camps organized.

"So, we had to do some major regrouping," explained Wytenbach. "Within three weeks we peaked at 50,430 refugees living on Guam and it

the rate of approximately one every 25 minutes and flights were being received alternately at both the air base and Naval Air Station, Agaña.

On April 29, *Operation Frequent Wind* was launched in the South China Sea. Helicopters from 7th Fleet ships flew to rooftops in Saigon, extracting the last of the U.S. citizens, foreign consular officials and some senior officers of the South Vietnam government. Flotillas of small boats and rafts loaded with people streamed out to American cargo ships offshore. Ship's crews labored for days picking up refugees from these craft, transferring them to larger ships bound for Guam.

The U.S. government initially estimated that approximately 200,000 evacuees would be passing through Guam. Eventually, 111,919 were supported on Guam for some period of time. RADM G. Steve Morrison, then-

Operation New Life

telephone cables.

Seabees and Public Works Center employees estimated it would take their people 10 days of around-the-clock work and half a million dollars to fix the minimum necessities for the refugees.

Camps for thousands were established on U.S. Navy installations, but more shelter was needed.

"One of my early taskings," CAPT Wytttenbach said, "was to go out and find other places for these refugees to stay. Fortunately, one hotel was completely vacant and some construction companies had Butler buildings available that were normally used for housing temporary workers.

"I also had to ask these companies to absorb the cost of feeding the refugees until we could get our own food service system in place and get funds from D.C.," he continued. "In fact, the government of Guam graciously paid our bills until we got funds from Washington.

"As the population of refugees grew, so did the number of volunteers," he said. "It seemed like all wives and dependents of military personnel, as well as all the local citizens on the island, were helping out in one way or another." The Red Cross also provided assistance, he said.

"Admiral Morrison went on television several times to ask for volunteer efforts," continued Wytttenbach. "One of the first calls was for teachers. Volunteers taught hygiene, reading, writing, math, geography and English. One time the admiral asked for chopsticks. Thousands of chopsticks arrived from everywhere!"

There were eight field kitchens in use at Tent City alone. On an average day, nearly \$64,000 was spent on ham, pork chops, canned meat, rice and other food stuffs.

"I remember the first night we cooked rice for the Vietnamese," said Wytttenbach. "They wouldn't eat it. We had to teach the cooks how to cook sticky rice, not flaky rice."

A former refugee recalled his experiences. "I had one day to get out of the capital," said Dao Duc, whose home was Saigon and who now is a resident of Guam. "I was a merchant marine and a navy reservist. I knew if I was captured by the VC it would be bad for me. I got on a ship on April 29 before the communists blocked the river and we got out just after the new president surrendered on April 30. First I went to



A Vietnamese Air Force VH-1 helo arrived on USS Midway (CV 41) with the pilot's entire family aboard.

Singapore and then Subic Bay. I arrived on Guam June 2."

Tony Hua escaped from Saigon at the age of 14 with his older brother and his brother's son. He arrived on Guam April 24, 1975, and stayed at Camp Asan for more than four months.

"I guess I was one of the lucky ones," Tony said. "My brother worked for DAO [U.S. Defense Assistance Office], so we left Vietnam with no problem. I was pretty young and innocent then — I didn't understand what was going on in my country except it was at war.

"Before I left, I went down to the southern part of Vietnam to visit my brother. I remember he had this big map and was jotting down villages and cities that were lost through communist aggression," he said. "It seemed like the communists were beginning to dominate all of my country.

"My brother pushed me to go back to Saigon because it was too dangerous. On my way back, I saw a lot of

dead VC stacked in piles alongside the road," said Hua. "I didn't know what was going on. When my brother took me on the C-130, I thought we were just going to stay somewhere for a little while and then go back home.

"Once I got here, I was glad I left Vietnam to go to the country of milk and honey. I looked forward to the freedom and challenges that I would face," he said. "I owe a lot to the U.S. military who helped us evacuate and gave us safety and support. It wasn't hard to adjust. You learn resistance and tolerance so you can survive. Everyone treated us well and were willing to help us. The hospitality was great."

During the evacuation, churches on Guam assisted in distributing an estimated 30 tons of relief material to refugees. Others donated clothes and other necessities. Gifts of candy and cigarettes were given through holes in the fences.

"With the influx of refugees, we had to find ways to keep them occupied and keep their minds busy to make the wait go easier," said CAPT Wytttenbach. "We initiated education, sewing classes and water activities. We organized the Vietnamese boys who had been boy scouts and had them help monitor lines and assist the elderly. We even permitted those at Camp Asan to leave their camp to watch the Guam Liberation Parade. All the parade reviewers had a great day of 'town liberty' and returned safely to the camp that evening."

In August 1975, four months after the first planeload of refugees landed on Guam, the last outbound flight headed for U.S. refugee centers state-side.

Even though the guns have long since been silenced, the pain, loss and memories still linger on as the Vietnamese refugees continue the struggle to rebuild their new lives. □

Boehm is assigned to PAO, Commander, U.S. Naval Forces Marianas.

Spotlight on Excellence

Beat the heat...

Certified firefighter teaches survival skills.

Story and photo by PHC Tom Howser

In the male-dominated field of shipboard firefighting, Hull Technician 3rd Class Amy L. Ferrer has more than held her own. Ferrer, a Navy reservist, is the first Navy woman to be certified as a shipboard firefighting instructor

at the Navy's firefighting school at Treasure Island, San Francisco.

"I'm really proud to be an instructor here. Working at the fire school is exciting, challenging and extremely rewarding," Ferrer said. "It's thrilling to be in the center of activity — the fire is on one side, your students are on the other — depending on you for their safety. The unbelievable intensity of the exercises gets my adrenaline flowing. I love it!"

A shipboard fire is one of the worst potential disasters that could befall any ship's crew. The Navy firefighting school on San Francisco Bay trains 12,000 Navy and Coast Guard personnel annually to fight these fires, save lives and preserve the integrity of their ships.

Ferrer, a drilling reservist with the Navy Technical Training Center unit at Treasure Island, joined the Naval Reserve four years ago.

"A friend talked me into visiting the fire school. I loved the excitement of the activity here," said Ferrer, "so I joined."

Ferrer passed the oral examination board while performing two weeks of annual active duty for training at the Treasure Island facility to become the first woman to be certified at the school. In addition, she is the youngest, as well as the lowest ranking petty officer, to accomplish this feat.

"Petty Officer Ferrer's success is due to her personal dedication and her drive," said CDR Stephen Luehe, the executive officer of the Naval Reserve training unit to which Ferrer is assigned. "She spent countless hours studying books as well as taking many days of personal time to train at the fire school."

As a civilian, Ferrer majors in fire science at Chabot College in Hayward, Calif.

Of her future, she says, "I'll be a civilian firefighter, too. I won't settle for anything else." □

Howser is assigned to Naval and Marine Corps Reserve Readiness Center, Treasure Island, San Francisco.

HT3 Ferrer shows a student how to check for leaks in his oxygen breathing apparatus.



Bearings

America's CO is 'principal for a day'

The halls overflowed with carnival colors; finger paintings, poems, stories and drawings adorned the walls. A carefully constructed "USS Goodship Lollipop" lay at anchor in the lobby area as bright morning sunlight shone through the windows revealing waiting desks, chairs and blackboards.

The silence was broken by excited laughter as children crowded off their buses and toward the door, eager to give their "principal" a "high five."

The enthusiasm was understandable. This was not an ordinary day at Brookwood Elementary School. The marquee in front of the school read: Welcome Captain John Mazach from USS America.

Recently at Brookwood Elementary School in Virginia Beach, Va., the commanding officer of the Norfolk-based aircraft carrier USS America (CV 66), CAPT John J. Mazach, began his day as acting principal. At the same time, in the Norfolk Naval Shipyard Joseph D. Badali, Brookwood's real principal, was beginning his experience as "Captain" aboard America.

The two men exchanged places for one day as part of the Virginia Beach School System's Adopt-a-School program.

America sailors often come to assist Brookwood in the classrooms or with school activities. The program gives children a positive influence through the sailors' interaction with them.

Mazach explained that although America is involved in the program to help the children, he feels it is mutually beneficial.

"My sailors also benefit from these visits," said Mazach. "They often return to the ship with a greatly improved attitude — they're 'pumped-up' over their experiences helping the children."

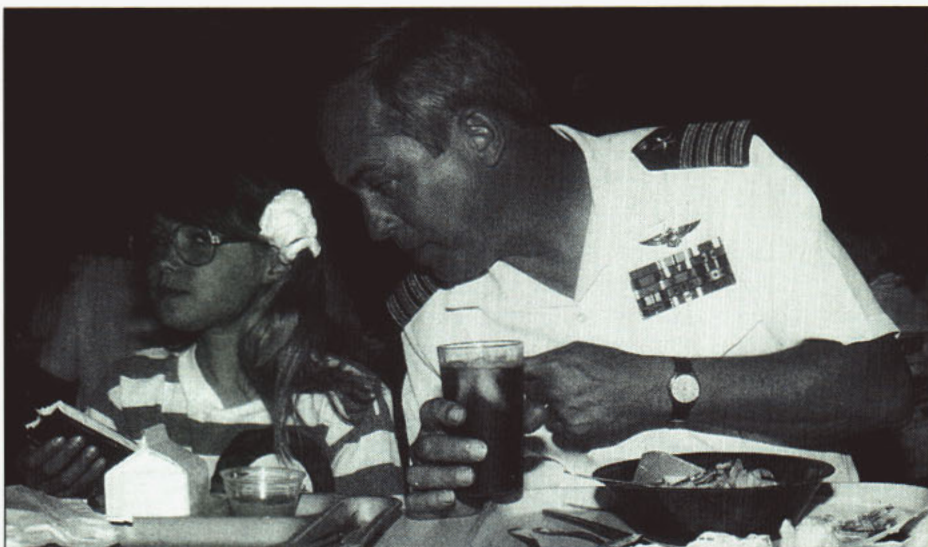


Photo by PHAA Terry Horn

One thing the children got out of the day was answers to their questions about life aboard an aircraft carrier. As Mazach visited classes he answered questions ranging from "Do you eat?" to "Do you make not-nice people walk the plank?"

Mazach answered all their questions and participated with the students in school activities. At recess, the captain played kickball, finger-painted pictures of flowers and ate with the students.

The children also enjoyed presenting Mazach with poems, stories and pictures prepared just for the occasion. In the morning the children performed a skit called "Goodship Lollipop," highlighting a tap-dance routine by second-grader Hope Aluning.

"The children really felt appreciated today," said Brookwood's art specialist Janet France. "Positive interaction is very important at their age. When someone shows them special attention they love to give it in return."

Mazach said he would consider a second career in education when he retires. "A commanding officer and a principal are both in the people busi-

CAPT Mazach attempts to trade his lunch choice of chef's salad for his neighbor's ice cream sandwich.

ness, and I enjoy working with people," he said.

The Brookwood staff showed their appreciation for Mazach's participation. Upon Badali's return from his day as a CO, he presented several gifts to Mazach, including a framed photo of the school and a coffee mug inscribed "acting principal."

The acting principal joined the real principal in a bus ride with the children at the end of the day, complete with all the bumps, noise and calamity of a typical school bus. As the last child left the bus, she turned and asked Mazach to sign her picture of the ship, his last task as principal of Brookwood Elementary School.

The little girl clung to her signed picture as she jumped off the bus with an armload of books, and sprinted to her mother to tell about a not-so-ordinary day at school. ■

— Story by JO3 Paul B. Wallen Jr., Public Affairs Office, USS America (CV 66).

Bearings

Eisenhower pilot flies *Hornet* into history

On a history-making cruise celebrating the centennial of former President and General Dwight D. Eisenhower's birth, a pilot from one of USS *Eisenhower's* (CVN 69) squadrons made a footnote of his own in naval aviation history books.

LCDR Randy "Claw" Causey, a pilot from Strike Fighter Squadron 136, set a naval aviation milestone when the plane he was flying logged the one-millionth flight-hour for the F/A-18 *Hornet* and his own one-thousandth hour in the jet.

VFA-136 is one of 35 Navy and Marine Corps squadrons that fly the *Hornet*, and one of two in Airwing 7 aboard "Ike" as part of the U.S. 6th Fleet in the Mediterranean Sea.

All total, there are more than 900 of the planes in service around the world, serving in the Navy, Marine Corps, NASA and the armed forces of Canada, Australia and Spain.

Causey has been flying with the VFA-136 "Knighthawks" since 1988 and has more than 2,200 flying hours, many logged in the *Hornet's*

predecessor, the A-7 *Corsair II*.

"The difference between the planes is like night and day," said Causey. "The *Hornet* is the best maneuvering airplane in the world."

Compared with the A-7, Causey said the F/A-18 is a "real forgiving airplane, but it still comes down to personal skill when it's pilot vs. pilot in air-to-air encounters." ■

— Story by JO2 Gerald Harris, Public Affairs Office, USS Dwight D. Eisenhower (CVN 69).

Sailor has special interest in Project Handclasp

Several sailors and Marines on USS *Peleliu* (LHA 5) recently traveled to Morong, Republic of the Philippines, on a Project Handclasp mission. They delivered books, clothing and medical supplies to the refugee center there.

The center, which cares for about 16,000 Vietnamese, Cambodian and Laotian refugees, holds a special interest for a few of *Peleliu's* crew members. One of those is Electrician's Mate 2nd Class Phuong Bui, who, as it happens, is also a refugee from Vietnam.

Bui's passage to the United States was similar to other refugees. His mother made arrangements with someone who owned a boat. The boat owner smuggled Bui to the boat and Bui arrived in Thailand three days later.

"I came to the camp, and all I had were my shorts," Bui said. "We were lucky, though — we got there."

Upon arriving in the refugee camp, Bui was asked where he wanted to live. He simply replied that he would go wherever he would be accepted.

"About eight months later," said



Photo by PHAN Michael Wheldon

Bui hands books to a shipmate for delivery to refugees.

Bui, "the United States embassy people came down and said, 'We accept you to the United States, because you've stayed in the camp too long.'"

Bui lived with a sponsor in Little Rock, Ark., for six years, learning English and doing odd jobs ranging from housekeeping to courier service. Then he turned toward the Navy and his future.

"One day I drove by the recruiting

station and the sign read 'Navy — start your new career,' so I thought I would learn something in the Navy," Bui explained. He stopped to talk with the recruiter and was offered training in a field with a future. "Now I am an electrician," said Bui. "I can go out and be an electrician anywhere."

To the refugees, Bui is a role model — someone who made it and can be looked up to. For Bui, the visit was a labor of love and a chance to relate with his own people.

"At first, I was always with Americans and I spoke English. I was very isolated, and I didn't want them [the refugees] to feel different from me," Bui said.

However, Bui also said that, before long, he had been fully accepted by the other refugees. "It's important, because they're my own people," he said. "They shouldn't feel different from me." ■

— Story by JO2 Siegfried Bruner, Public Affairs Office, USS *Peleliu* (LHA 5).

Bearings

Navy Relief Society announces training schedule

All spouses, retirees and active duty personnel are invited to attend the Navy and Marine Corps Relief Society Courses being offered at the locations listed below. There is no charge for the course and child care and mileage can be paid by the Society.

Although the primary purpose of

the course is to prepare Society volunteers, it also provides current information on pay and allowances, Navy Relief policies and money management.

Your knowledge of the military organization and pay system, as well as service life in general, is excellent background for helping military fami-

lies solve the many problems they encounter today. Volunteer opportunities are open; however, attending the classes does not impose any obligation to volunteer.

For more information, contact the Navy Relief office nearest you. ☐

September

10-14 Quantico, Va.
Twentynine Palms, Calif.
Naval Academy, Annapolis

17-21 Alameda, Calif.
Little Creek, Va.
Miramar, Calif.

24-28 Cherry Point, N.C.
San Diego
Whidbey Island, Wash.

October

1-5 Bremerton, Wash.
Camp Pendleton, Calif.
Mayport, Fla.
Pensacola, Fla.
Treasure Island, Calif.

2-4 San Onofre, Calif.

9-12 Seattle

15-19 Key West, Fla.
Lemoore, Calif.

22-26 Cecil Field, Fla.
Port Hueneme, Calif.
Point Mugu, Calif.
Newport, R.I.

October/November

29-2 Honolulu, Hawaii
Long Beach, Calif.

November

5-9 Guam
Kaneohe Bay, Hawaii
Mare Island, Calif.
Charleston, S.C.

6-7 Earle, N.J.

13-16 Barstow, Calif.
Fallon, Nev.
Camp Foster, Okinawa

26-30 Yokosuka, Japan
Lakehurst, N.J.

December

3-7 Sasebo, Japan
South Weymouth, Mass.

10-14 Cubi Point, Philippines

January

14-18 Albany, Ga.

28-1 Norfolk
Parris Island, S.C.

February

4-8 Brunswick, Maine
New River, N.C.
Jacksonville, Fla.

11-15 Key West, Fla.
Portsmouth, N.H.
Camp Lejeune, N.C.
Yuma, Ariz.

19-22 Groton, Conn.
Gulfport, Miss.

19-25 Orlando, Fla.

February/March

25-1 El Toro, Calif.
Meridian, Miss.

March

4-8 Mayport, Fla.
Pensacola, Fla.

11-15 Philadelphia

April

1-5 Memphis, Tenn.
Rota, Spain

2-6 Dallas, Texas

8-12 Kingsville, Texas
North Island, Calif.
Sigonella, Sicily

9-12 Atlanta

15-19 Beeville, Texas
Naples, Italy
New Orleans

22-26 China Lake, Calif.
Corpus Christi, Texas
London

April/May

29-3 Holy Loch, Scotland

May

6-10 Bermuda

13-17 Charleston, S.C.

20-24 Great Lakes, Ill.
Kings Bay, Ga.
Oceana, Va.

News Bights

Some recruits who enter the Navy as "general detail" sailors will have the option of a two-year contract. Seamen, firemen and airmen who enlist under the two-year program will be sent to their ship or squadron immediately after apprenticeship training and will not attend "A" school. After two years, they will be released from active service and will serve six years in the Inactive Ready Reserve.

The two-year general detail sailors will be reservists, with the option to reenlist in the regular Navy for four years with a guaranteed "A" school. To ensure they remain competitive with their peers, those who choose this path and have a record of quality service will receive an automatic advancement upon successful completion of their "A" school training.

The Navy tentatively plans to recruit up to 14,000 two-year general detail sailors in FY91.

* * *

The Soviet *Kara*-class guided missile cruiser *Azov* and *Sovremenny*-class guided missile destroyer *Gremyashchy* arrived at Havana, Cuba, recently. It was the 28th Soviet navy warship deployment to Cuba since 1969.

Supported by the replenishment ship *Genrikh Gasanov*, the Soviet navy surface action group is the first to visit Cuba since 1988. The visit is believed to be intended to show the continuing Soviet commitment to Cuban defense, as well as assert the Soviet navy's ability to operate its forces at will anywhere on the world's oceans.

In this time of reduced East-West tensions, the Soviet Union claims to be reducing its fleet by scrapping many older ships and submarines as part of Moscow's plan to reduce personnel levels and cut the Soviet Union's defense budget.

However, according to a Reuter wire service report from Havana, Soviet navy leaders stated that their navy is improving in quality. RADM Alexander Gorbunov said in a news conference in Havana that the Soviet Union is reducing its navy, while at the same time modernizing it by retiring or scrapping old warships and commissioning more sophisticated models.

* * *

Fifty-five years after loss of the dirigible *Macon*, the Navy's last rigid airship has been found off the coast of Point Sur, Calif., by the submersible *Sea Cliff* (DSV 4).

According to Navy records, *Macon*'s demise came suddenly Feb. 12, 1935, when a gust of wind caused the diri-

gible to lurch violently, tearing the upper fin free and taking the top of the main frame with it. As the fin disintegrated, wreckage punctured several helium gas bags in the aft of the ship, making it too heavy to fly. Two of the 83-member crew died in the accident.

Sea Cliff, operating from her support ship, was assisted in the search for the dirigible by historical data and ocean current calculations provided by Naval Postgraduate School professors and scientists from the Monterey Bay Aquarium Research Institute.

* * *

CAPT Marsha Evans became the first woman to take command of a naval station in a change of command ceremony at Naval Station Treasure Island, Calif., in June. Evans is also the first general unrestricted line officer to command a naval station.

Her previous assignment was Chief of Staff for Commander, Naval Base San Francisco.

* * *

Petty officers 3rd and 2nd class who abuse drugs will now be processed for separation after one incident, rather than given a chance for counseling, treatment and retention.

The change to the Navy's drug abuse policy was announced in NavOp 084/90, effective Aug. 1.

Mandatory processing for separation after the first drug incident now applies to all E-4 to E-9 and all officer grades. Abusers are also disciplined, screened for drug dependency and, if diagnosed as drug dependent, are offered treatment through the Veteran's Administration.

In some cases, sailors E-1 to E-3 may get a second chance to reject drug use if they have exceptional potential for further naval service. However, they will be processed for separation if they are involved in more than one incident of drug use.

* * *

The Navy's newest *Los Angeles*-class nuclear-powered submarine was commissioned June 30 at Naval Submarine Base Groton, Conn.

USS *Miami* (SSN 755) is the fifth boat of the "improved" *Los Angeles*-class, the most advanced undersea vessel of its type. The sub's missions include locating and countering surface ships and submarines, reconnaissance, mine planting and operations with special warfare elements.

Mail Buoy

Hometown pride

I enjoyed the article by JO1 Lefler, "Abe joins the fleet," that was in the February 1990 issue. However, it has left me puzzled as to what town donated the weight and exercise equipment.

The story stated it was a gift from the people of Murfreesboro, Ill., a town of about 30,000. Sorry to say, but I am not aware of a community by that name in the state of Illinois. Murphysboro, Ill., population approximately 10,000, my hometown, might be the one you were referring to. Or maybe Murfreesboro, Tenn., a town of about 30,000 could be another possible choice. If you could please clarify this possible mix-up for me, I and the residents would appreciate it very much.

— EM1(SW) J.C. Harrell
USS *Exultant* (MSO 441)

• *This one sure slipped by us. Murphysboro, Ill., did indeed make the donation to Lincoln. — ed.*

Teamwork between services

I am writing in reference to the June 1990 issue of *All Hands* magazine. Your magazine featured several articles on drug interdiction operations involving cooperation of Navy and Coast Guard forces. I would like to commend your reporting staff on the quality of their work, particularly with respect to the representation of the outstanding teamwork between the services in fighting the war on drugs.

Again, thanks for a job well done.

— RADM W.T. Leland
Chief, Office of Law Enforcement
and Defense Operations
U.S. Coast Guard

Pictured errors

I enjoyed your articles, "Hot on their trail" and "A smuggler's nightmare" in the June 1990 issue of *All Hands*. Having been a crew member on *Plainview* (AGEH 1), the world's largest naval hydrofoil and a research and development vessel with *High Point* (PCH 1) for the *Pegasus*-class missile hydrofoils, it is always interesting

to see our hydrofoil Navy in action.

I would like to comment on a couple of photographic errors that appeared in the issue. On the cover, Page 19 and Page 27: the jack staff is rigged in the normal upright position. However, since the article depicts the USS *Taurus* (PHM3) on patrol for drug smugglers, shouldn't it be lowered and secured to the deck in the event that use of the 76mm deck gun becomes necessary, especially for a dead-ahead shot? Secondly, why isn't the national ensign flying from the main mast while USS *Taurus* is under way (Page 19) as it is shown with signals flying at sunset (Page 27)? *Plainview* and *High Point* always flew theirs, hullborne or foilborne.

Thanks for your great magazine, which I have enjoyed over these many years, and keep up the good work.

— YN1 Dave Kaeser (retired)
Keyport, Wash.

• *We checked with Hydrofoil Squadron 2, in Key West, Fla., for the answers to your questions. According to the public affairs officer, lowering the jack staff on a PHM craft also requires lowering of the forward life lines, which is considered a hazard to personnel. Because boardings occur quite regularly during law enforcement operations with the crew on deck, it's safer to keep the jack staff upright. If it's necessary to fire the 76mm gun, the fiberglass staff would offer no resistance to the projectile.*

In answer to your question about the national ensign, U.S. Navy regulations (Article 1059) identify specific situations in which the ensign must be flown. The hydrofoil photographed on Page 19 was not in a situation where it was required, according to the ComPHMRon 2 spokesman. The hydrofoil pictured on Page 27, however, needed to communicate with other Navy vessels and therefore had signals flying.

The spokesman also pointed out that the speed of a hydrofoil quickly destroys an ensign, so flying it only when necessary saves money. — ed.

Vreeland also served

I'm stationed aboard the USS *Vreeland* (FF 1068) in Mayport, Fla. I just finished reading your article about *Operation Just Cause* in the June 1990 issue of *All Hands*.

I was very disappointed to see that my ship and crew were not mentioned one time in the whole article. We spent a solid month out to sea cruising up and down the Panama coastline. We stood countless hours of watch and were completely ready at anytime to assist in *Operation Just Cause*.

This is the fourth article I have read about *Operation Just Cause*, and not one of them mentioned the efforts of the USS *Vreeland* and her crew. I don't know if you can do anything to give us some well deserved recognition, but if there is anything you can do, we will all appreciate it. Thank you very much.

— SM3 Brian C. Wardlow
USS *Vreeland* (FF 1068)

Reunions

• **USS John W. Weeks (DD 701)** — Reunion Sept. 6-9, Williamsburg, Va. Contact Hal Gross, 29 Shoreview Drive, Apt. 3, Yonkers, N.Y. 10710; telephone (914) 779-4978.

• **105th Navy Construction Battalion World War II Veterans Association** — Reunion Sept. 7-9, Green Bay, Wis. Contact Wayne Linton, West 818 Chrissie Circle, Shawano, Wis. 54166; telephone (715) 745-2389.

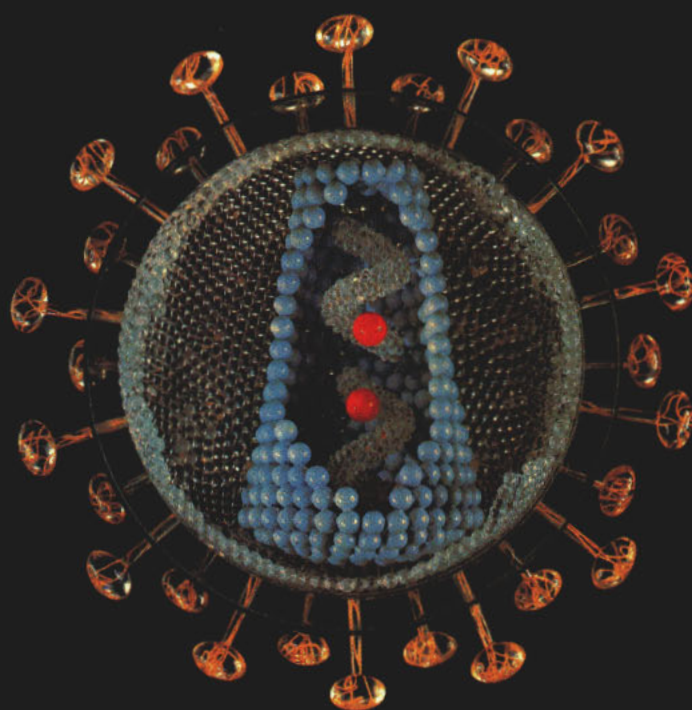
• **USS Converse (DD 509)** — Reunion Sept. 11-15, Cherry Hill, N.J. Contact Patti Thompson, 2824 4th Avenue South, Great Falls, Mont. 59405; telephone (406) 452-8800.

• **PBY Catalina International Association** — Reunion Sept. 13-16, New Orleans. Contact James P. Thompson, 1510 Kabel Drive, New Orleans, La. 70131; telephone (504) 392-1227.

• **USS Ludlow (DD 438)** — Reunion Sept. 14-16, Norfolk. Contact Bob Javins, 537 Clark's Run Road, La Plata, Md. 20646; telephone (301) 934-8955.

• **USS Dobbin (AD 3)** — Reunion Sept. 14-18, St. Louis, Mo. Contact Clarence V. Rudd, 1040 N.E. 6th Street, Bend, Ore. 97701; telephone (503) 389-4919.

• **VS 55** — Reunion Sept. 27-30, Dayton, Ohio. Contact Bob Croman, 5014 Elberta Avenue, Canton, Ohio 44709; telephone (219) 494-0673.



Navy confronts HIV ● Page 7